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WORRIED SICK

A RESEARCHER CLAIMS PEOPLE HAVE MIS-ATTRIBUTED THEIR HEALTH PROBLEMS TO WIND FARMS BECAUSE OF ACTIVIST CAMPAIGNS PAGE 4

Warlord surrenders

A Congolese warlord accused of conscripting child soldiers lived as an international fugitive for years. He has now surrendered to the U.S. Embassy in Rwanda PAGE 18

Let us show you a few things ...

... about Justin Timberlake's 20 years in the spotlight PAGE 33

Bad teacher fesses up

Thomas Adrian Foster admits dragging his Toronto Grade 6 and 7 students and hanging them upside down by their feet PAGE 6

NEWS WORTH SHARING.

WISH SHE COULD STAY, STAY, STAY

Superstar Rihanna may have started her first of two sold-out ACC shows — part of her Diamonds World Tour — behind schedule on Monday night, but adoring fans were forgiving. The beauty from Barbados strutted out almost 30 songs from her vast repertoire, changing outfits — everything from catty jumpsuits to flattering evening gowns — as the hits rained down. TOM PANDI/FOR METRO

4 taxing ways to a better commute

Board of trade. Sales, gas and parking taxes plus toll lanes mulled as a way to raise the annual $2B needed for transit

Toronto region commuters already suffer some of the longest commutes in North America. Now the Toronto Region Board of Trade is recommending aggressive taxes that will add pain to their pockets.

In an unusual step for a business group, the board is recommending a slate of four new revenue tools — a regional sales tax, a gas tax, a commercial parking levy and high-occupancy toll lanes — to raise $2 billion annually that would be dedicated exclusively to better transit.

The taxes and fees could be a 905-area commuter's nightmare, warned regional politicians, who said they won't support them if the revenue is devoted primarily to Toronto transit improvements.

Even in Toronto, the board's tax recommendations drew immediate and predictable criticism from Mayor Rob Ford's anti-tax allies on city council.

But board of trade CEO Carol Wilding said she expected divergent opinions. Consensus on new taxes is difficult to achieve. But the fed-up public seems prepared to pay and businesses are ready to step up.

"It will be hard for all of us, but all of us have to contribute. All of us will benefit when the new transportation is in place," she said.

The alternative — doing nothing — will result in dwindling competitiveness for the region as traffic congestion sucks $15 billion annually in lost productivity out of the economy by 2031, she said Monday.

The board isn't recommending what combination of the tax tools should be used, or even the tax rates that should be applied.

TORSTAR NEWS SERVICE

905 vs. 416

"Transit is key, but not on the backs of taxpayers of 905. Whatever we do to improve transit in Toronto doesn't improve transit in Durham."
Oshawa Mayor John Henry

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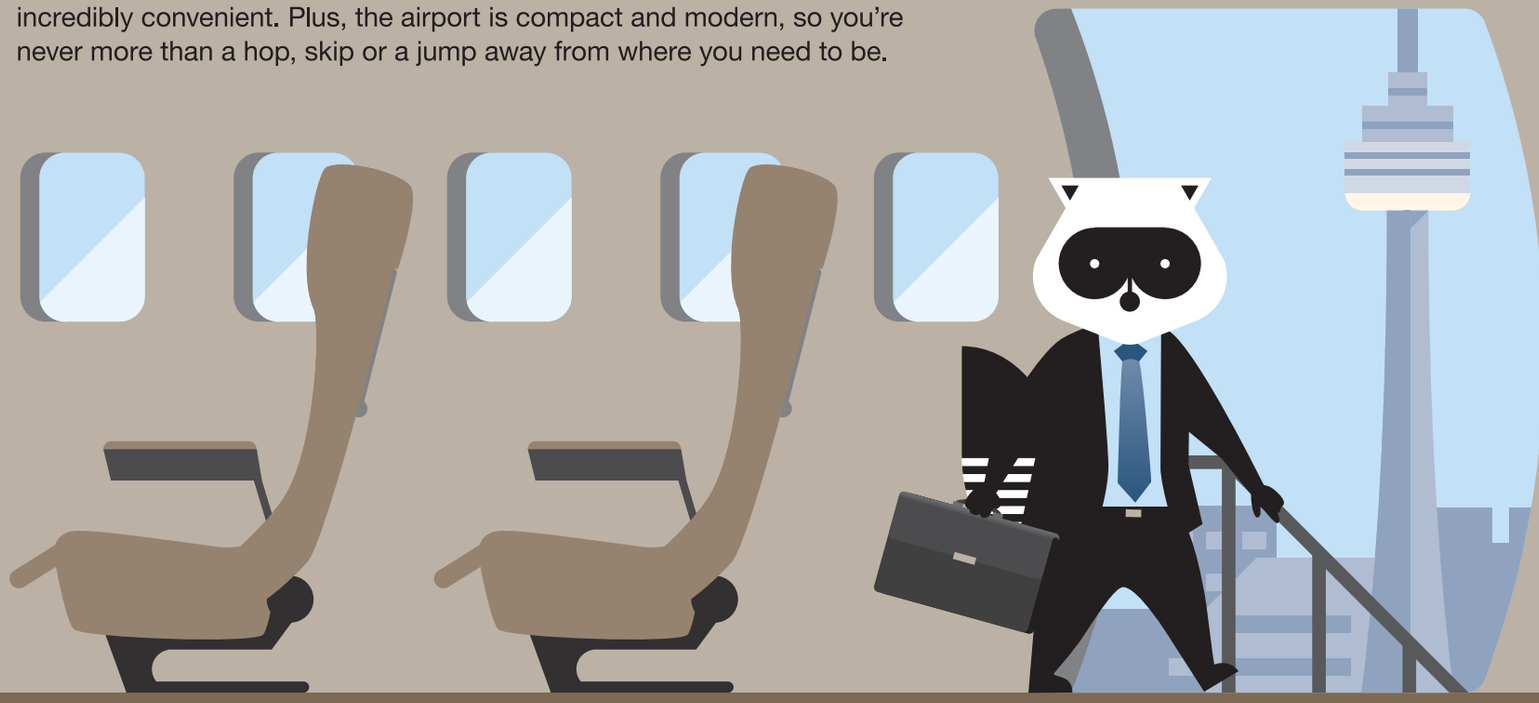

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Bramble/Barrydale

Suspect sought in assault on girl, 8

Toronto police say an eight-year-old girl was walking to school Monday morning when a man approached and grabbed her, indicating he had a weapon. It's alleged that he then sexually assaulted her.

The suspect is described as white, about 19 to 22 years old, between five-feet six and five-feet 10, with a thin build, large nose and short, black, spiky hair.

AM640/THE CANADIAN PRESS

Don't just sit there

Sculptures too roly-poly for rec centre, Ajax says

An Ajax artist is putting his sculptures on a diet after some councillors complained the figures commissioned for the town's new recreation centre look overweight and inactive.

Geordie Lishman's four sculptures planned for the Audley Recreation Centre consist of rotund, human-shaped metal caging filled with large stones.

"The Town of Ajax has spent a lot of resources and time to encourage our residents to adopt a healthy, active lifestyle and I felt the figures (that) were depicted, it didn't send that message," said Coun. Colleen Jordan. TORSTAR NEWS SERVICE

Geordie Lishman and his sculpture Wolf Spirit. TORSTAR NEWS SERVICE

Dutch elm. Toronto team maps disease DNA

Tree with Dutch elm disease. COURTESY MARTIN HUBBES

Decades after Dutch elm disease spread to Canada, killing many of Toronto's elm trees, researchers have mapped the genome of a fungus that causes it.

Understanding the make-up of Ophiostoma ulmi could be a step toward halting future destruction, said Dinesh Christendat. The University of Toronto associate professor and molecular biologist is part of a team that spent two years mapping the 30-million-letter DNA chain.

About 4.4 per cent of Toronto's 10.2 million trees are elms, said Beth McEwen, the city's manager of urban forest renewal. She estimated that before the disease hit the city, elms were closer to 12 per cent of Toronto's trees. TORSTAR NEWS SERVICE

Hells, no. Being an Angel may nix bar licence, appeal court rules

The Ontario Court of Appeal has ruled a bar owner can be denied a liquor licence simply because he is a member of the Hells Angels.

On Monday, the court ordered the Alcohol and Gaming Commission of Ontario's board to reconsider its decision not to revoke the liquor licence of Robert Barletta, 43, a full-patch Hells Angel.

It overturned a Divisional Court ruling upholding the board's refusal to lift Barletta's liquor licence for his London, Ont., strip club, Famous Flesh Gordon's, which he has run since 2001.

In 2010, the commission's registrar asked the board to strip Barletta of his licence, arguing his Hells Angels membership was sufficient reason to believe he could not operate the bar legally.

But the board allowed him to keep his licence, noting he has no criminal record. TORSTAR NEWS SERVICE

Judge to end 40-year 'war' over estate

Courtroom battles. Son seeking bigger cut of father's holdings labelled 'vexatious litigant'

For more than four decades and through 30 lawsuits, "litigious warfare" has been waged on the battleground of a Forest Hill mansion, led by a slighted son eager for a cut of his father's estate — and it's time he accept defeat, ruled an Ontario Superior Court judge this month.

In a ruling strewn with indictments of the perpetual plaintiff, William Assaf, Justice E.M. Morgan attempts to finally end what he calls, "Ontario's longest-running legal drama."

In a legal move he called an "extraordinary remedy," Morgan ruled that Assaf is a "vexatious litigant" — a title that will add hurdles to any future claims Assaf may make, due to his history of filing frivolous suits.

"It is a necessary means of controlling abuses of the litigation system," Morgan wrote in his March 6 ruling, which also threw out the latest in a long line of claims by Assaf to regain ownership of his father's Forest Hill home. TORSTAR NEWS SERVICE

Quoted

"There are certain people who simply do not understand the system at all and are constantly coming back and kicking at the same can over and over and over."

Toronto civil lawyer Garry Wise

'Ikea monkey' owner plans dinner to raise funds for custody battle

Yasmin Nakhuda is escorted from court by her husband Sam Kotosh in Oshawa on Feb.1. The former owner of the "Ikea monkey" is holding a dinner and publishing a children's book to raise money for her custody battle with the primate sanctuary where the monkey now lives. She said at least half the 250 tickets for an April 6 dinner at Mississauga's Manchurian Madurai restaurant have sold, at $75 a piece.

CHRIS YOUNG/THE CANADIAN PRESS

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Study disputes wind farm illness

Worried sick? A paper by Australian researchers that concludes wind turbines don't make people sick — anti-wind-turbine activists do — is making a lot of noise in the anti-wind-farm community in Ontario

JESSICA SMITH
jessica.smith@metronews.ca

Professor Simon Chapman, an associate dean of the School of Public Health at the University of Sydney, mapped out the history of health-related complaints about wind turbines in Australia and found they don't follow logically from the development of wind farms, but instead follow the growth of anti-wind turbine activism. The paper has not yet been peer-reviewed.

He found the majority of complaints — 68 per cent — came from just five of the country's 49 wind farms, which are also at the centre of activism. There were no complaints from all of Western Australia and many other very large wind farms. Chapman collected health-related complaints about the country's wind farms made to government, directly to wind companies and in Australian media, finding that 120 people complained between 1993 and 2012. That is the equivalent of one in every 272 residents living within five kilometres from a wind farm.

"I find it implausible that if wind turbines in themselves were harmful, there would be whole farms using the same equipment, mega-wattage, everything, where people weren't saying they were affected," he said.

Wind farms have been in operation in the country since 1993, but health complaints didn't start in earnest until 2009, when anti-wind activists began widely publicizing health-related concerns and a controversial American doctor dubbed the phrase "Wind Turbine Syndrome," said Chapman. He concluded wind turbines do not cause the symptoms — including insomnia, heart murmers and other irregularities, headaches, vertigo, dizziness and nausea — at all.

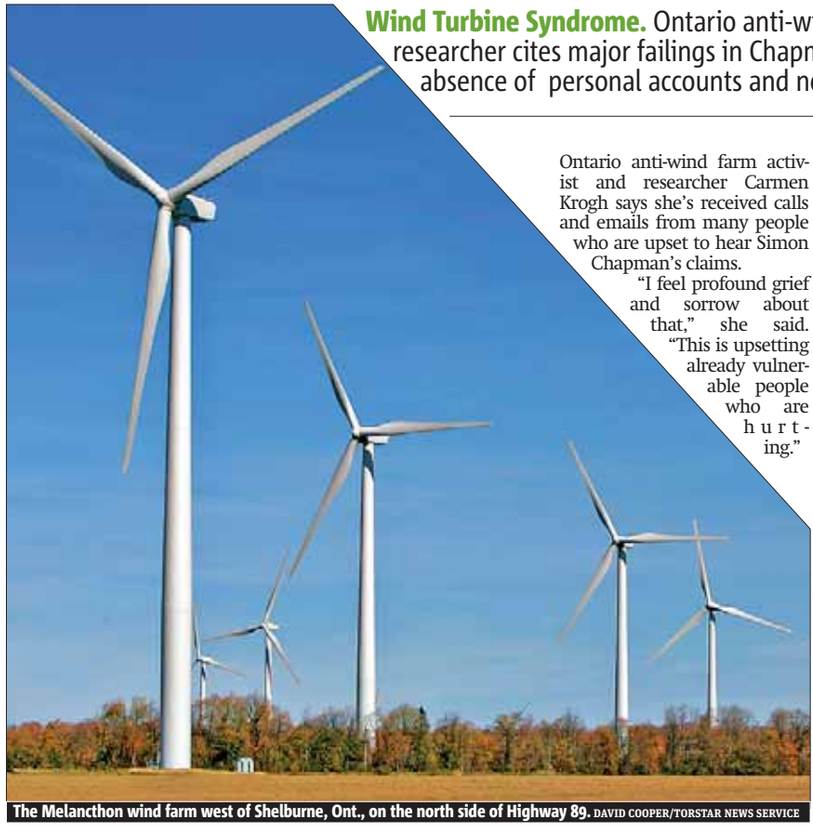
"I don't doubt that when people say, 'I'm suffering,' that they're suffering," he said. "But the problems that people speak of are very common in all communities. The question becomes not whether they have those problems, but what's causing those problems."

In Australia, some activists, whom Chapman calls "professional victims," will tour rural areas where wind farms are being built and tell people all about their suffering from Wind Turbine Syndrome.

"For people who are not trained in epidemiology or social psychology and who are generally probably ill-disposed to wind turbines — they don't like the look of them and think they are a 'green conspiracy' and it reminds them of the city where they don't live — they're a very receptive group to such suggestions."

New Zealand study

Another study released in March appears to backup Simon Chapman's work. The researchers said they're findings suggest psychological expectations could explain the link between wind turbine exposure and health complaints.



The Melancthon wind farm west of Shelburne, Ont., on the north side of Highway 89. DAVID COOPER/TORSTAR NEWS SERVICE

Wind Turbine Syndrome. Ontario anti-wind farm activist, researcher cites major failings in Chapman's study, including an absence of personal accounts and no peer review

Ontario anti-wind farm activist and researcher Carmen Krogh says she's received calls and emails from many people who are upset to hear Simon Chapman's claims.

"I feel profound grief and sorrow about that," she said. "This is upsetting already vulnerable people who are hurting."

According to Krogh, one of the major failings of Chapman's study is he did not base his research on the personal accounts of Wind Turbine Syndrome sufferers. When she sees people willing to abandon their homes over the issue, it is powerful proof of real suffering, she said. Krogh, a trained pharmacist who lives in a rural area north of Ottawa, said she also experienced acute sickness from wind turbines on a vacation in Northern Ontario.

"The main thing was this feeling of general unwell. It felt like there was something wrong with my heart," she said. "It was beating funny, and there was a vibratory sensation, a very unpleasant sensation."

It was only years later, when she heard about other people's symptoms, that she connected the dots, she said.

Five years ago when a wind project was proposed for her area, Krogh began researching Wind Turbine Syndrome and reaching out to other people who have become ill. She said their symptoms are caused by wind turbine noise, including audible noise and inaudible infrasound. In many cases, it's the noise and vibrations that keep people up at night, taking a serious toll on their health.

Krogh also said Chapman's study isn't supported by other peer-reviewed and published literature. For example, this month Grey-Bruce County's medical officer of health, Dr. Hazel Lynn, presented a report on her review of 18 peer-reviewed studies, which found each of them associated human distress with wind turbines.

JESSICA SMITH/METRO

Rooted in culture: Chapman

Anglophone's fan death?

Wind Turbine Syndrome tragedies don't sway Simon Chapman, because health beliefs are strongly rooted in culture, he said. For example, "Fan Death" is a widely held belief in Korea that ordinary household fans, if left on overnight, can kill people, he said. Fans are sold with timers that turn them off and police and media report deaths by fan.

"I'm prepared to believe that if you went to Korea, stayed in the houses of people who have fans, they would look you in the eye and say these things can be fatal if you run them all night," he said.

Wind Turbine Syndrome, like fan death, is culturally rooted, even though there are turbines all over the world, said Chapman. "This (Wind Turbine Syndrome) phenomenon tends to be concentrated in Ontario, the United Kingdom, Ireland, parts of Australia and New Zealand and pockets of it in the United States," he said.

"Apparently this is a disease that only speaks English." JESSICA SMITH/METRO

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Tories turn eye on skilled-trades training

Finance Minister Jim Flaherty SEAN KILPATRICK/THE CANADIAN PRESS

Budget. Campaign to steer youth toward alternate professions

Beginning in this week's federal budget, Canadians will be subjected to a high-powered publicity campaign urging young people to consider training in a skilled trade — as opposed to the old refrain that everyone needs a university degree.

Facing a budget crunch and a slowing economy, Prime Minister Stephen Harper's government is expected to elevate its goal of expanding skills training to top billing in an otherwise bad news budget.

This ambitious program to get Canadians to transform how they think about education and training is expected to be the centrepiece of the 2013 economic blueprint.

"It's time that we all collectively own up to helping our young people become aware of the many advantages a career in the skilled-trades professions can bring," Human Resources Minister Diane Finley said in a recent preview of Thursday's announcement.

But, beyond that, the budget is not expected to have much in the way of new directions or goodies for Canadians.

Last year, Finance Minister Jim Flaherty moved to trim Ottawa's annual spending by $5 billion a year in a budget that brought cutbacks in programs and services. There were also measures to eventually make Canadians work longer to receive Old Age Security and to cap increases in health-care money going to the provinces after 2016. TORSTAR NEWS SERVICE

Declining growth

On Thursday, Finance Minister Jim Flaherty is expected to say Canada's economic growth this year will be a meagre 1.6 per cent, down sharply from the 2.4 per cent he forecast a year ago. Despite that, he has brushed aside calls for Ottawa to do more to boost the economy.

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Drivers with unpaid fines may be denied licence plate

Ontario's scofflaw drivers with outstanding fines dating as far back as seven years could soon see their licence-plate renewals denied.

The Liberal government's proposed legislation to be introduced later this week presents a windfall for municipalities that are owed hundreds of millions of dollars in unpaid fines by motoring scofflaws.

It would deny licence plates to drivers with outstanding tickets for speeding, improper lane changes, illegal turns, driving with no insurance and careless driving, and make it easier for municipalities to charge out-of-province drivers who run red lights and fail to stop for school buses.

"This new legislation, if passed, will (make) those who break the rules of the road responsible for their actions," Transportation Minister Glen Murray said Monday in Ottawa.

According to the Transportation Ministry, unpaid Highway Traffic Act fines and fines for failing to have insurance represents about 70 per cent of the total amount of unpaid fines owed to municipalities.

Fines owed to municipalities are increasing by an average of about $100 million a year, the ministry stated.

TORSTAR NEWS SERVICE

Current grounds for denial

Currently, licence-plate renewals can be denied for:

- Issuing an NSF cheque for licence-plate-related fees.
- Outstanding Highway 407 tolls.
- Unpaid parking or red-light-camera tickets.

Police use a tripod-mounted laser speed detector on Islington Avenue at Ridge Valley in this file photo. BERNARD WEIL/TORSTAR NEWS SERVICE

Former teacher admits to physically mistreating, verbally abusing students

Disciplinary hearing. Thomas Adrian Foster confirms allegations he told students how staff members lost their virginity

A former Toronto District School Board teacher has admitted he "physically mistreated" grades 6 and 7 students by dragging them into the hallway and hanging them upside down by their feet.

Thomas Adrian Foster appeared before an Ontario College of Teachers disciplinary committee on Monday, where he also acknowledged calling a student "moron," telling students stories of staff members losing their virginity, telling students they would "fail their a—es off in university," and smashing a miniature pool table at the front of his class.

The three-member panel suspended Foster's teaching licence for three months and ordered him to complete a course on anger management and "effective student discipline" before he can return to teach in Ontario.

"There has been a pattern of ongoing mistreatment of students," said college lawyer Larissa Moscu, presenting evidence of Foster's "unbecoming conduct" and "inappropriate displays of anger."

The incidents, outlined in an agreed statement of facts which Foster did not contest, occurred at two Toronto board schools between September 2003 and August 2006, when the board fired Foster. The accredited history teacher had already been suspended twice without pay — in 2004 and 2006 — for misconduct, the committee heard.

Although ruling it out for now, Foster can technically return to work as a teacher once his suspension is finished, as long as he gives the college 30 days' notice and completes the mandated anger and discipline training. TORSTAR NEWS SERVICE

Ex-teacher

"I've moved on from this part of my life."

Former teacher Thomas Adrian Foster, adding he realizes he is "not suited" for a career as a school teacher

Thomas Adrian Foster leaves his hearing before the Ontario College of Teachers Monday over alleged misconduct, including charges he held students upside down and told them stories of a sexual nature. COLIN MCCONNELL/TORSTAR NEWS SERVICE

Now what?

Making his issues history

Speaking after the hearing, Thomas Adrian Foster said he's pursuing "academia" with a focus on history, noting he feels better suited to a more "intellectual pursuit."

When asked why he didn't contest the mistreatment allegation, he said he wanted to ensure he would ultimately keep his teaching certificate, a qualification he worked hard to earn.

Since he left teaching in 2006, Foster said he has been "getting at my anger issues" and saw a therapist once a week for three years.

Police work at Keele and Annette streets where murder suspect Richard Kachkar was shot in a pursuit with police on Jan. 12, 2011. CURT RUSH/TORSTAR NEWS SERVICE

Last witnesses testify in Kachkar trial

The two last witnesses in the murder trial of Richard Kachkar say he showed no psychotic symptoms when they examined him in the weeks after he stole a snowplow and took it for a two-hour rampage, killing a police officer.

"I didn't note any disorganization of thought ... or any psychotic symptoms," forensic psychiatrist Dr. Graham Glancy testified Monday.

Kachkar, 46, has pleaded not guilty to first-degree murder and dangerous driving in the Jan. 12, 2011, slaying of Toronto police Sgt. Ryan Russell.

There is no dispute he killed the 35-year-old married father of one, only whether he was so mentally ill he could not understand what he was doing was wrong.

Glancy was the second to last witness to testify at the trial, which began Feb. 4. Ontario Superior Court Justice Ian MacDonnell told the jury he will charge them Friday and Monday, after which they will retire to consider their verdict. TORSTAR NEWS SERVICE

Psychological evaluation

He complained of "strange things, bouncy thoughts, absurd things," Glancy said of his 2011 sessions with Kachkar. "He reported being scared for no reason."

RICK MERCER REPORT
This week, Rick heads to Happy Valley-Goose Bay to celebrate the 30th anniversary of the Labrador Winter Games.
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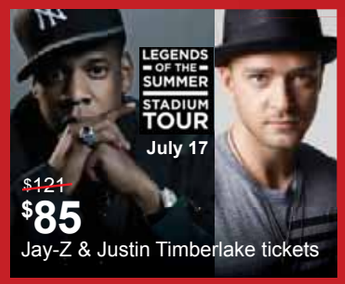

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U.S. flexes its muscle over Korean Peninsula

Prepared. With North Korean threats in mind, Pentagon highlights B-52 bomber flights over South Korea

In this photo taken on Sunday and released by the South Korean Navy, South Korea and U.S. warships participate in their joint military drill called Foal Eagle in South Korea's West Sea. U.S. deputy secretary of defence Ashton Carter's Seoul visit sends a message to both Koreas: it warns Pyongyang after Kim Jong-un's recent threats, and it reassures South Korea that military backing won't be hurt by a U.S. budget debate. THE ASSOCIATED PRESS

The United States is flying nuclear-capable B-52 bombers on training missions over South Korea to highlight Washington's commitment to defend an ally amid rising tensions with North Korea, Pentagon officials said Monday.

Pentagon press secretary George Little said one B-52 flew over South Korea on March 8, and the deputy defence secretary, Ashton Carter, said during a visit to Seoul that another bomber mission is scheduled for Tuesday.

B-52 bombers are capable of launching nuclear-armed cruise missiles, but Little said those participating in the Korean exercise are not armed with nuclear weapons.

The use of Air Force warplanes as part of an annual U.S.-South Korean military exercise called Foal Eagle is not unusual. But the Pentagon used the occasion to draw attention to the role B-52 bombers play as part of an American nuclear "umbrella" over South Korea and Japan — both of which feel threatened by North Korea's development of nuclear weapons and ballistic missiles.

THE ASSOCIATED PRESS

Weapons. UN chief urges approval of treaty to regulate global arms trade

United Nations secretary general Ban Ki-moon urged the world's nations Monday to agree on a strong UN treaty to regulate the multibillion-dollar global arms trade in the next two weeks, saying it will save lives and make it more difficult for warlords, organized criminals and terrorists to obtain weapons.

Hopes of reaching agreement on what would be a landmark treaty were dashed last July when the United States said it needed more time to consider the proposed accord — a move quickly backed by Russia and China. In December, the UN General Assembly decided to hold a final conference with its closing date — March 28 — as a deadline for reaching agreement on a treaty.

"After a very long journey, our final destination is in sight — a robust Arms Trade Treaty," the UN chief told ministers and ambassadors from most of the 193 UN member states at Monday's opening session. "Now is the time to overcome past setbacks and deliver."

United Nations secretary general Ban Ki-moon. THE ASSOCIATED PRESS

Many countries control arms exports, but there has never been an international treaty regulating the estimated $60 billion US global arms trade.

THE ASSOCIATED PRESS

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Manchester, Travel Jun 3 - Jun 11/ts	$736
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Puerto Vallarta 7 Nights 4-Star, Royal Decameron Complex, Departs Mar 25/nol/ts.	$817
Mazatlan 7 Nights 4-Star, El Cid Castilla Beach, Departs Apr 16/swg/wg	$842
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Stranger's kindness fulfils St. Patrick's Day wish

Halifax to Dublin. Plea online brings Irishman to forgotten family grave

ANDREW FIFIELD
andrew.fifield@metronews.ca

While Canadians were packing pubs from coast to coast on St. Patrick's Day, a man in Dublin answered a request from a stranger across the sea.

It started when Andrew Bourke of Halifax brought an odd request to the social news site Reddit on the weekend.

"This is the grave of my great uncle, who was badly burned in a flying accident and died a few days later," he wrote.

He included a photo of the tombstone of Lieut. Thomas Leslie Bourke, who died more than 50 years before Andrew was born.

"Can someone drink a pint there tomorrow … or maybe just place a flower for me?"

Bourke found a photo of the tombstone while searching his great uncle's name last year.

"I was sad that the grave looked so uncared for," Bourke told Metro.

With little more to go on than a photo, it seemed unlikely anyone would actually make it to the grave. But after a few people vowed to hoist a brew in Lt. Bourke's memory — just not at Mount Jerome Cemetery — user elmoslats chimed in.

"It was a bitch to find. Bought some flowers," he wrote. Included was a new photo of the same grave, now decorated with a simple token.

"I found the houses that are in the background," elmostats explained. "I then stood at the point where I was looking at the houses at the same angle.... It took about 30 minutes."

"I honestly cried," Bourke later confirmed. "Just a little bit ... but wow. Just wow."

Finding the grave was no small task — founded in 1836, Mount Jerome Cemetery has seen more than 300,000 burials. REDDIT

Refusing pipeline would be a betrayal: Redford

Alberta Premier Alison Redford in Ottawa. FRED CHARTRAND/THE CANADIAN PRESS

A U.S. rejection of the Keystone XL pipeline proposal would have far-reaching implications for the Canada-U.S. relationship, Alberta Premier Alison Redford warns.

"I don't think this is as simple as yes or no on a project," she told The Canadian Press on Monday during a trip to Ottawa to promote her energy strategy. "I do think this could fundamentally change the relationship."

TransCanada Corp. needs approval from U.S. President Barack Obama in order to build its $7-billion bitumen pipeline from Alberta to refineries on the Gulf Coast.

A refusal would throw into question decades of Canada-U.S. economic co-operation and integration, Redford said.

"I think it would show that we're not as trusted as partners as we used to think that we were," the premier said.

She argued that the original free-trade agreement between Canada and the United States included formal commitments to maintain the energy relationship, with Canada promising to remain a supplier and the United States committing to remaining a customer.

"We need to make sure that those relationships continue," she said. "They matter to the continent. And we're a very blessed continent. We have resources, we have people, we have security. And it's important for us to remember it's a result of an incredibly successful partnership over the last decades, hundreds of years."

THE CANADIAN PRESS

Alberta

Death brings fix for hand sanitizer

The 2010 death of a man in Alberta has changed the way hand sanitizer is provided in hospitals.

A doctor at Vulcan Hospital determined it was safe for a drunken Kurt Kraus to sober up in an RCMP cell. A nurse suspected the alcoholic had ingested hand sanitizer at the hospital, but no one knew he had also taken 10 anti-depressant pills.

Hospitals have removed all portable bottles and replaced them with wall-mounted dispensers in public areas. THE CANADIAN PRESS

Illegal immigration

Feds back border patrol reality show

The federal government is being criticized for approving a reality TV show on Canada's border security after camera crews filmed the arrest of several men in Vancouver last week.

But Public Safety Minister Vic Toews isn't backing down, saying that illegal immigrants cost taxpayers millions of dollars a year.

THE CANADIAN PRESS

Algeria

Canadian remains found at gas plant

The RCMP say Canadian remains have been found at the site of a standoff in Algeria between terrorists and gas-plant workers.

But the Mounties refused to say whether the remains were discovered among the al-Qaida-linked attackers or the hostages killed. THE CANADIAN PRESS

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Strange frog species to be brought back

De-extinction. Scientists to revive frog that was wiped out in 1983

As the only animal to give birth through its mouth, the gastric-brooding frog fascinated scientists — until it became extinct in 1983. But thanks to a cloning breakthrough, this unique beast could live again and become the first "de-extinct" species since a Pyrenean ibex survived for seven minutes in 2009.

New technology has allowed the Australian 'Lazarus Project' to insert the frog's genome — its complete DNA — into a similar species. The process, announced at the TEDx DeExtinction conference, is expected to produce the living animal within a few years, the project's creators claim. "I'm sure we can get to that stage, and it will be exactly the same as the extinct frog," Lazarus scientist Dr. Michael Mahony told Metro.

The team will produce several of the species, and claim the same technology could work for any organism — they are also working to revive the Thylacine, or Tasmanian Tiger.

KIERON MONKS/METRO WORLD NEWS

Doomed again

"In many cases there is no place for (extinct species), as their habitats have disappeared. They would be doomed again."

National Geographic science writer Brian Switek, giving his view on the controversial de-extinction plans

The gastric-brooding frog became extinct in 1983. PETER SCHOUTEN/METRO WORLD NEWS

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Satan looks a helluva lot like ... Obama? Nonsense, TV-show producers retort

The producers of the cable TV miniseries on the Bible say Internet chatter that their Satan character resembles President Barack Obama is "utter nonsense."

Mark Burnett and Roma Downey said Monday the Moroccan actor who played Satan in the History channel series, Mehdi Ouazanni, has played Satanic characters in other Biblical programs long before Obama was elected president.

The idea got widespread attention after talk show host Glenn Beck last week tweeted: "Does Satan look EXACTLY like Obama? Yes!"

History said in a statement that the network has "the highest respect" for Obama, and that "it's unfortunate that anyone made this false connection."

"Both Mark and I have nothing but respect and love our president, who is a fellow Christian," said Downey, the Touched By an Angel actress who is married to Burnett.

THE ASSOCIATED PRESS

Is there a resemblance between Obama and this Satan character? THE ASSOCIATES PRESS

Alabama

Man pleads guilty in Obama Twitter death threat

A Birmingham man has pleaded guilty to using Twitter to threaten the life of President Barack Obama.

U.S. Attorney Joyce White Vance said 25-year-old Jarvis Britton entered the guilty plea Monday.

Prosecutors said he tweeted, "Let's kill the president. F.E.A.R.,' on Sept. 14. It stands for Forever Enduring Always Ready, which prosecutors say is a national militia group that planned to overthrow the U.S. government.

THE ASSOCIATED PRESS

Twitter co-founder

Another rich guy wants to be mayor of New York City

There may be another billionaire interested in New York City's top job.

Jack Dorsey, co-founder of Twitter and the mobile-payments startup Square, reportedly says he wants to be mayor of New York one day.

In an interview aired Sunday on 60 Minutes, CBS's Lara Logan said Dorsey is serious about moving to the Big Apple someday and running for mayor.

Dorsey tells Logan what he loves about New York is the electricity he feels when he's in the city. THE ASSOCIATED PRESS

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Quebec. Chopper pilot carried out prison break at gunpoint, his boss says

A young helicopter pilot, 23-year-old Sebastien Foray, picked up a pair of passengers for what was supposed to be a routine weekend flight over the north shore of Montreal.

Instead, he wound up in an international news story.

Plans for a routine Sunday excursion dissipated quickly, as he allegedly found himself staring down the barrel of a .38-calibre handgun.

"They took out a gun and said, 'You're going to St-Jerome prison,'" said Yves Le Roux, the owner of Passport Helico, where Foray has worked for a couple of years.

He said the pilot was ordered to land on a tower above the prison. Once there, his passengers pulled some rope out of a backpack and let it tumble out toward the ground level below.

And up came two convicts, springing out from the prison yard.

Le Roux said they flew another two or three minutes, with the escaped prisoners dangling from the helicopter, and they landed in an open field where they were able to hop aboard.

From there, they flew toward a hotel in the Laurentians, where the four passengers exited — but not before someone pulled a T-shirt over the pilot's head, Le Roux said, so he wouldn't witness the getaway. THE CANADIAN PRESS

Nabbed

Hours later, the two alleged accomplices and the two escaped convicts were found and arrested.

- They appeared in court Monday, where they were slapped with nearly two-dozen charges, including breaking out of prison, kidnapping and pointing a gun at someone.
- Police raised the possibility of other charges.

Ex-star QB killed in crash

Firefighters work at a home Monday in South Bend, Ind., where a plane crashed Sunday. The plane damaged homes, caused injuries and led to at least two fatalities. Former University of Oklahoma Sooners quarterback Steve Davis, 60, and Wes Caves, 58, a Tulsa, Oklahoma businessman, were the flight crew on the private jet, and were both killed.
JOE RAYMOND/THE ASSOCIATED PRESS

Central India. Six men accused of raping Swiss tourist appear in court

Six men accused of raping a Swiss tourist who was cycling with her husband in central India were produced in court Monday and charged with gang rape.

The suspects appeared in the magistrate's court in Madhya Pradesh state with their faces covered with black cloth, police superintendent Chandra Shekhar Solanki said.

It was not clear how they pleaded in court, but during their arrest Sunday they confessed to the crime, police said. The men, who are poor farmers from nearby villages, also face additional charges of robbing the Swiss couple.

The attack, which occurred Friday night as the couple camped in a forest in Datia district, came three months after the fatal gang rape of a woman on a New Delhi bus, which spurred outrage over the treatment of women in Indian society and the country's justice system.

The men beat up the husband and tied him to a tree before raping the woman, police said. THE ASSOCIATED PRESS

Guantanamo Bay

More than 20 men on hunger strike

A hunger strike at the Guantanamo Bay prison has grown and now involves at least 21 men, a U.S. military official said Monday while denying reports trickling out from prisoners through lawyers that there is a more widespread protest and lives are in danger.

No prisoner faces any immediate health threat from the strike, though two have been admitted to the prison medical clinic because of dehydration, said U.S. navy Capt. Robert Durand, a spokesman for the detention centre in Cuba. THE ASSOCIATED PRESS

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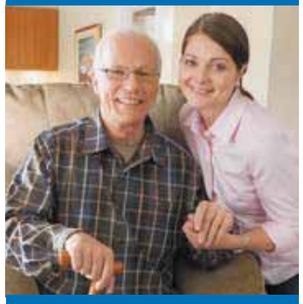

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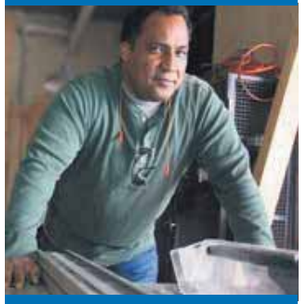

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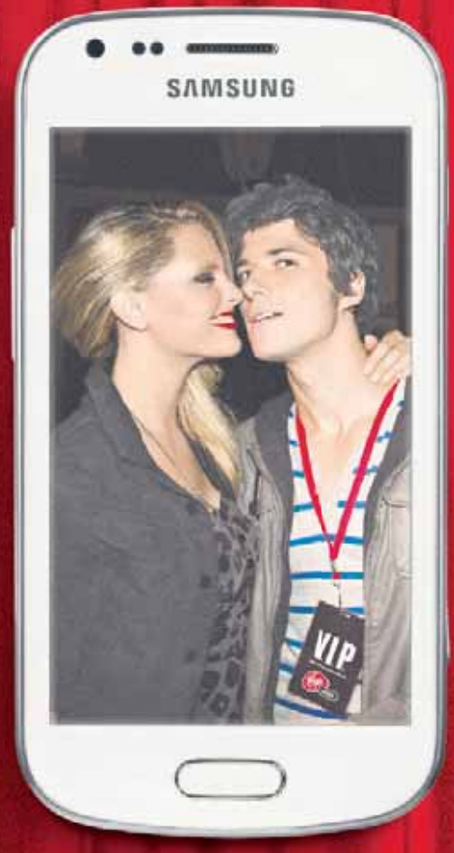

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Manitoba. Family of man who died in ER appeals to broaden lawsuit

The family of a Winnipeg man who died in a hospital emergency room is appealing a court decision that reduced the scope of their lawsuit.

Relatives of Brian Sinclair are appealing a Court of Queen's bench ruling last year that dismissed a section of their statement of claim that said Sinclair's charter rights had been violated.

A hearing is set for Wednesday.

Sinclair, a 45-year-old double amputee, died after waiting for 34 hours in the emergency room of the Health Sciences Centre.

Sinclair's family filed the lawsuit, saying they wanted someone held accountable for what went wrong.

An inquest into the death is expected later this year.

Sinclair was in a wheelchair when he went to the emergency department in September 2008. Hospital security tape showed Sinclair went to the triage desk and spoke to an aide before wheeling himself into the waiting room. That appears to have been his only interaction with staff.

Some 34 hours later, another person in the waiting room approached a security guard to say Sinclair appeared to be dead. Efforts to revive him were unsuccessful. Manitoba's chief medical examiner said Sinclair's death could have been prevented if his blocked catheter had been changed and his infection treated.

Police and the Crown decided no charges were warranted.

The family's lawyers had argued the health authority and the province violated Sinclair's charter rights and allowed the ER to operate even though it constituted a public nuisance to vulnerable, aboriginal patients. But a judge ruled there was no evidence to back up those claims and dismissed them.

THE CANADIAN PRESS

Compensation

$110K

The Winnipeg Regional Health Authority has paid out $110,000 in damages to the Sinclair family for loss of care, guidance and companionship.

A drummer pays homage to Brian Sinclair, whose body was placed in a hearse after a funeral service in this 2008 photo in Winnipeg. Sinclair died in an ER after waiting more than 30 hours for care.

WAYNE GLOWACKI/WINNIPEG FREE PRESS/THE CANADIAN PRESS FILE

Unexpected partners unite against Keystone

Nebraska. Ranchers, landowners and environmentalists rally to fight off TransCanada pipeline project

With a sense of grim determination, a group of unlikely allies has begun gathering at kitchen tables, in churches and along fence rows in Nebraska to plot what could be the final battle in the four-year conflict over the Keystone XL pipeline.

After months of quiet, a recent U.S. State Department report dismissing the ecological impact of the pipeline has cleared the way for a final decision on the plan for transporting oil extracted from the Alberta tar sands to refineries on the Texas Gulf Coast.

Environmentalists, property-rights advocates and ranchers have banded together to find new ways to derail a project that, more than ever, seems to be headed for approval in a nation eager for jobs and energy development.

"It's been four very long, very difficult years," said one of the opposition's chief organizers, Jane Kleeb of Hastings, Neb.

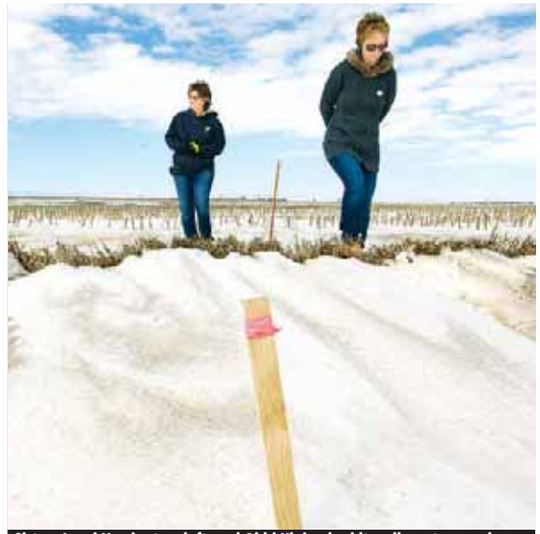
But the group is buoyed by its success so far in stalling the project and in bringing so many disparate interests into the fight.

"I'm associated with people I never dreamed I would have been associated with," said Randy Thompson, a Nebraska rancher and self-described conservative Republican. "There's a stigma on people considered environmentalists. I had that concept."

The opposition effort is now focused on the new Secretary of State, John Kerry, who will make a recommendation to U.S. President Barack Obama on whether to green-light the project.

Opponents and supporters will face off at a public hearing in Nebraska, expected to be held in the spring.

THE ASSOCIATED PRESS



Sisters Jenni Harrington, left, and Abbi Kleinschmidt walk past a wooden stick with a pink ribbon that marks the proposed route of the Keystone XL pipeline on Harrington's property near Bradshaw, Neb., on March 11. An unusual coalition of environmentalists, property-rights advocates and ranchers is attempting to find new ways to derail the Keystone project.

NATI HARNIK/THE ASSOCIATED PRESS

Feds challenge right-to-die ruling

Canadians who want control over how they die should not take priority over vulnerable people whose lives could be hastily snuffed if the courts uphold a legal decision permitting doctor-assisted suicide, a federal government lawyer argued before British Columbia's highest court.

Donnaree Nygard set out the errors the government contends were made by a trial judge as the review of a landmark decision that effectively gave people the right to die began Monday in the B.C. Court of Appeal.

She told a panel of three judges that Parliament has weighed the considerations on either side of the divisive debate on a number of occasions.

"And on each occasion has come to the conclusion that the need to protect individuals in vulnerable circumstances outweighs the interests of those who seek assisted suicide."

The case was initially brought to the courts by the daughter of an ailing 89-year-old Canadian woman who accompanied her mother to Switzerland in 2010 so the senior could legally end her life.

Since then several plaintiffs have joined the case, including Gloria Taylor, a terminally ill 63-year-old who was suffering from a neurodegenerative disease.

Taylor was granted a constitutional exemption to seek help killing herself last June after the B.C. court struck down the ban and ordered the federal government to rewrite its law banning assisted suicide.

THE CANADIAN PRESS

Exceptions

Belgium, the Netherlands, Luxembourg, Oregon and Washington states are among the jurisdictions that permit assisted suicide.

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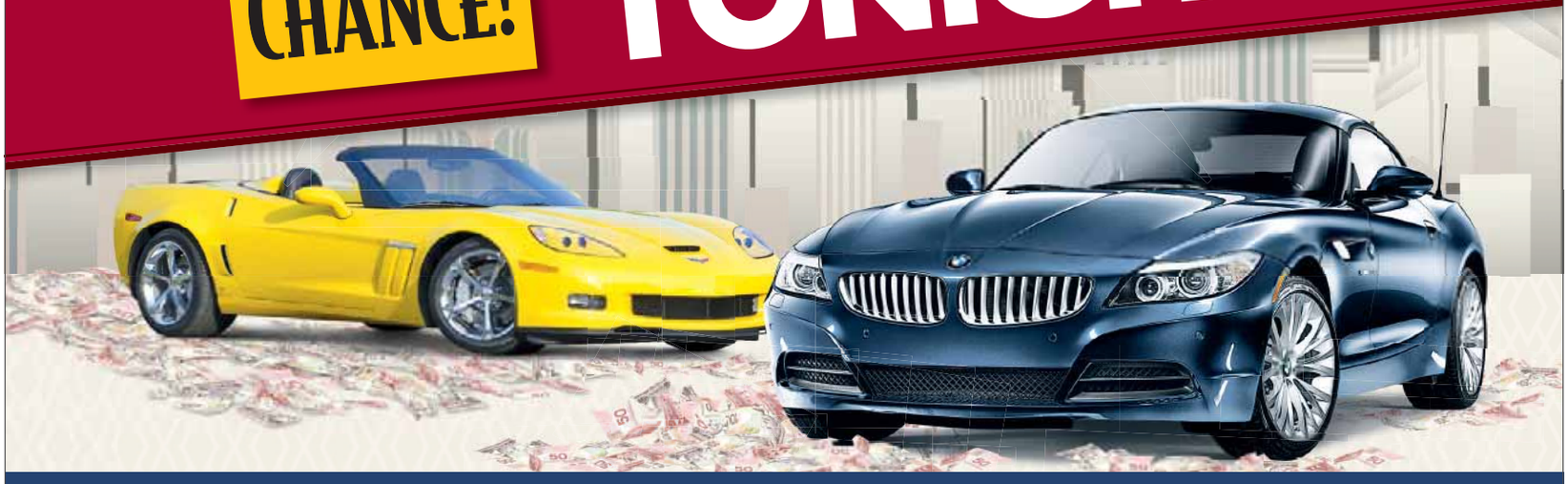

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Congo. Peace talks on hold after split in M23 rebels

The Ugandan mediator of peace talks between M23 rebels and the Congolese government says the talks are on hold as both camps consult in the wake of a violent split in the ranks of the rebel movement.

Crispus Kiyonga, the Ugandan minister of defence, said Monday that it was not clear when both parties would return to the talks, although he wants them back within a week.

Representatives of the rebels and the Congolese government last met on Feb. 6, weeks before M23's political leader — a cleric named Jean-Marie Runiga — was ousted from his job in an apparent power struggle between two rival factions of M23.

Kiyonga said the split within M23 "presents a new challenge" for the talks, which Uganda has mediated since December.

Meanwhile, villagers in the town of Kibumba on the Congo-Rwanda border say they saw a half dozen trucks with Rwandan soldiers cross into Congo last week to lend support to rebel troops.

Rwanda has steadfastly denied aiding rebels in Congo.

THE ASSOCIATED PRESS

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Romania

Ex-PM released after serving 1/3 of jail sentence

A former Romanian prime minister who shot himself in the neck when police came to bring him to prison was freed Monday after serving one-third of his corruption sentence.

Adrian Nastase, the most senior politician to be jailed in Romania since 1989, when communism collapsed, went free after judges voted to allow his immediate release from Jilava prison, where he was serving a two-year sentence.

His attorney had requested his release due to the fact he is over 60, had written books and had taught fellow prisoners in jail.

Nastase said he looked forward to "breathing freedom" and maintained his innocence. The 62-year-old was sentenced in June for illegally raising money for a failed presidential campaign in 2004.

THE ASSOCIATED PRESS

In this 2009 file photo, Bosco Ntaganda, seated centre, holds a press conference with Congo Interior Minister Celestin Mbuyu, right, in Goma, Congo. The government of Rwanda said Monday that Ntaganda, who had been on the run in neighbouring Congo, had turned himself in to the U.S. Embassy in the Rwandan capital of Kigali. T.J. KIRKPATRICK/THE ASSOCIATED PRESS FILE

Wanted warlord turns himself in to U.S. Embassy

Rwanda. Bosco Ntaganda was living freely in eastern Congo despite being indicted by the ICC in 2006

A Congolese warlord accused of conscripting child soldiers who had lived as an international fugitive for years surrendered to the United States Embassy in Rwanda on Monday and asked to be transferred to the International Criminal Court, a U.S. State Department spokeswoman said.

The move marks a major advance in efforts to prosecute Bosco Ntaganda, who had become a symbol of impunity in Africa as he played tennis and lived in an upscale villa in eastern Congo despite the international warrants for his arrest.

State Department spokeswoman Victoria Nuland confirmed that Ntaganda walked into the U.S. Embassy in Kigali on Monday and asked to be transferred to the International Criminal Court at The Hague, Netherlands. She said the U.S. was consulting with the Rwandan government.

"We want to facilitate that request," she said. "We strongly support the work that the ICC is doing to investigate the atrocities committed in the Democratic Republic of the Congo. And we are going to continue to work with the ICC on this matter."

The ICC first indicted Ntaganda in 2006. However despite that warrant, he went on to become a general in the Congolese army, living freely in eastern Congo.

The ICC has no police force and has to rely on member states to detain those it indicts. Congo failed to apprehend him for years, and the United States is not a member.

While Ntaganda was long believed to have enjoyed Rwanda's support, his relationship with the country where he was born has been unclear ever since his rebel movement split into two different factions earlier this month.

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Brazil torrential rains

Mudslides kill 13 in mountain town

At least 13 people have been killed in mudslides triggered by torrential rains in a mountain town north of Rio de Janeiro where floods killed more than 900 people two years ago, state officials said Monday.

A month's worth of precipitation, or about 14 inches of rain, fell in just 24 hours in Petropolis, a town of around 300,000 nestled in mountains about 65 kilometres north of Rio. Meteorologists are forecasting more rain in the coming days.

The Globo television network broadcast images of Petropolis' streets transformed into rivers of muddy, waist-deep waters, houses crushed beneath mud and detritus and roadways blocked by fallen trees. THE ASSOCIATED PRESS

Abortion provider's trial

Doctor accused of killing 7 infants

A lawyer defending a Philadelphia abortion provider on murder charges accused officials of "an elitist, racist prosecution," as the death-penalty trial opened Monday.

Dr. Kermit Gosnell is charged with first-degree murder in the deaths of seven infants allegedly born alive at his clinic. Authorities say he would sever their spines with scissors.

Gosnell, 72, is accused of running a rogue clinic that ignored the state ban on third-term abortions and 24-hour waiting periods. Prosecutors say he also maimed desperate, often poor women and teens by letting his untrained staff perform abortions and give anesthesia. And they say he got rich doing it, by performing a high volume of substandard abortions. THE ASSOCIATED PRESS

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Former U.S. secretary of state Hillary Rodham Clinton, seen in this Jan. 31 file photo, has announced her support for gay marriage. In an online video Monday, Clinton says gays and lesbians deserve "the rights of citizenship" and "that includes marriage." MANUEL BALCE CENETA/THE ASSOCIATED PRESS FILE

Clinton backs gay marriage

Presidential run? Polls show public opinion on same-sex marriage has shifted more rapidly than on any issue in recent times

Former U.S. secretary of state Hillary Rodham Clinton announced her support for gay marriage Monday, putting her in line with other potential Democratic presidential candidates on a social issue that is rapidly gaining broad public approval in America.

Clinton made the announcement in an online video released Monday morning by the gay-rights advocacy group Human Rights Campaign. She says in the six-minute video that gays and lesbians are "full and equal citizens and deserve the rights of citizenship."

"That includes marriage," she says, adding that she backs gay marriage both "personally and as a matter of policy and law."

Clinton's announcement is certain to further fuel the already rampant speculation that she is considering another run for president in 2016. Other possible Democratic contenders all back the right of same-sex couples to marry.

In Gallup polling last November, 53 per cent of adult Americans said same-sex marriages should be granted the same status as traditional marriages, while 46 per cent felt they should not be valid.

In 1996, when Gallup first asked about gay marriages, 27 per cent felt they should be valid. THE ASSOCIATED PRESS

Republicans

The Republican Party officially opposes gay marriage, though several high profile Republicans have publicly backed the right of same-sex couples to wed.

- On Friday, Ohio Sen. Rob Portman became the first Republican senator to announce his support for gay marriage, saying he had a change of heart after learning that his son is gay.
- More than 100 Republicans submitted a brief to the Supreme Court asking the justices to overturn California's ban on same-sex marriage.

Protesters hold up their hands as they protest outside the parliament in Nicosia, Cyprus, Monday. A vote on a bailout package for Cyprus that includes an immediate tax on all savings accounts has been postponed until Tuesday evening. PETROS KARADJIAS/THE ASSOCIATED PRESS

Cyprus tax plan shocks Europe

Savings. Government set to raid bank accounts to raise bailout money

A plan to seize up to 10 per cent of people's savings in the small Mediterranean island nation of Cyprus sent shock waves across Europe on Monday as households realized the money they have in the bank may not be safe.

A weekend agreement between Cyprus and its European partners called for the government to raid bank accounts as part of a 15.8 billion euro ($20.9 billion) financial bailout, the first time in the eurozone's crisis that the prospect of seizing individuals' savings has been raised.

Facing outrage, Cyprus' government delayed a parliamentary vote on the seizure and ordered banks to remain shut until Thursday while it tries to modify the deal to reduce the hit on people with small deposits.

Several hundred people gathered outside the vacant parliament building, with some chanting "thieves, thieves."

"We're very angry, betrayed, hurt and extremely disappointed," said protester Andriana Constantinou.

In order to get 10 billion euros ($13.2 billion) in bailout loans from international creditors, Cyprus agreed to take a percentage of all deposits — including citizens' savings. The surprise deal stoked fears that deposits in other countries could be targeted.

The government is now trying to modify the terms of the plan and in particular to get a better deal for small savers.

The stakes are high for the country of a million people, because a rejection of the package could see the country go bankrupt and possibly out of the common euro currency. Officials also fear a run on Cypriot banks no matter which way the voting goes.

THE ASSOCIATED PRESS

Fear rising

"The damage is done ... Europeans now know that their savings could be used to bail out banks."

Louise Cooper, head of financial research firm CooperCity

N.Y.C. Mayor's proposal would require stores to keep tobacco out of sight

A new proposal would require New York City retailers to keep tobacco products out of sight under a first-in-the-nation proposal aimed at reducing the youth smoking rate, Mayor Michael Bloomberg said Monday.

The legislation would require stores to keep tobacco products in cabinets, drawers, under the counter, behind a curtain or in other concealed spots. They could only be visible when an adult is making a purchase or during restocking.

Bloomberg said similar prohibitions on displays have been enacted in other countries, including Iceland, Canada, England and Ireland.

"Such displays suggest that smoking is a normal activity," Bloomberg said. "And they invite young people to experiment with tobacco."

Stores devoted primarily to the sale of tobacco products would be exempt from the display ban.

The mayor's office said retail stores could still advertise tobacco products under the new rules.

The legislation, to be introduced in the city council on Wednesday, is comprised of two separate bills.

The second, called the Sensible Tobacco Enforcement bill, strengthens enforcement of discounted and smuggled cigarettes. It would prohibit the sale of discounted tobacco products, impose packaging requirements on cheap cigars and create a price floor for cigarette packs and small cigars.

THE ASSOCIATED PRESS

Legislation proposed in New York City aims to reduce youth smoking. DANIEL BARRY/GETTY IMAGES

Gobble-gobble

Burger King to offer turkey burger

If you think a Whopper's too indulgent but are sick of chicken sandwiches, Burger King is offering a turkey burger for the first time. The Miami-based company is rolling out the new sandwich this week as part of its limited-time offers for spring, marking the latest fast-food effort to cater to health-conscious diners.

THE ASSOCIATED PRESS

Market Minute

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To find out more about Deep Brain Stimulation, please call 416-340-3466.

Target practice over, 17 stores to open today

Rollout. The American discount retailer plans to open 124 stores across Canada in 2013

The three Target pilot stores have been at times overwhelmed by demand since opening in Guelph, Fergus and Milton, leading some shoppers to complain on Facebook and Twitter of empty shelves, higher prices, and in one case, spoiled food.

They opened two weeks ago — and those are growing pains the discount chain hopes to sort out as it moves forward, opening 17 more stores in Ontario today at 8 a.m., said John Morioka, senior vice-president of merchandising for Target Canada.

"We definitely were slammed," said Morioka, speaking at a media tour of the two-storey Target at the East York Town Centre that opens today.

"We thought that there would be an initial bump and what I would say is that the bump has not levelled off to the degree that we thought. That has probably been the most surprising part of it and we haven't been able to recover."

Morioka said Target has tweaked their systems as a result, improving truck-to-shelf delivery and making checkout faster for customers.

Morioka didn't have any firm news for Canadian suppliers. Although Target has struck limited-time partnerships with iconic Canadian retailers including Roots and Umbra, he made no promises that Target will source Canadian.

"I think it will depend on the guests and what our guests tell us they want from a consumer perspective."

TORSTAR NEWS SERVICE

Target's expansion into Canada is continuing in a big way over the next two weeks as the American retailer opens 21 new stores in Ontario.
DAVE CHIDLEY/THE CANADIAN PRESS

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Happy house hunting

How much can you afford? Consider many different factors so you can become a more secure homeowner

TERESA CHIYKOWSKI
For Metro

It's an exciting time in your life. You are ready to trade rent cheques for mortgage payments but the question is, "How much can you really afford to spend, all factors considered such as your income, debt load and expenses? The answer is important. Knowing how much you can spend can help you narrow down your options and also make you a more secure homeowner.

Here are a couple of items that should figure into the calculation on how much you can afford before making a final decision.

Gross Debt Service ratio looks at your proposed new housing costs (mortgage payments, taxes, heating and electricity costs and condominium fees, if applicable). A general rule of thumb is that this amount should be no more than 32 per cent of your gross monthly income. For example, if your gross monthly income is $5,000, you should not be spending more than $1,600 in monthly housing expenses.

Total Debt Service ratio (TDS) measures your total debt obligations (including housing costs, loans, car payments, and credit card bills). Generally speaking, your TDS ratio should be no more than 40 per cent of your gross monthly income.

Debt service ratios aside, there is a general rule that you can follow to determine if a house is within your budget. Take your household's gross annual income (salaries, wages and taxable income before taxes) and multiply by 3.4. For example, if you have an annual household income of $70,000, you should be able to pay $238,000 for a home.

Online calculators

Many financial institutions offer online calculators to help you determine if you are ready to buy. While these online tools can be fast and easy to use, they don't take into account debt service ratios and other important costs associated with owning a home, such as home insurance, gas and electricity, property taxes, cable, Internet and telephone.

If you are serious about buying and how much you can truly afford, it's worth your while to meet with a financial planner or real estate agent to uncover the hidden costs of owning your first home.

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Choices

Do you want to buy new or resale?

PAGE HG6

Expert advice

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Choose a winning team for your purchase

Buying a home can be a confusing and emotional process – even more so if you are a first-time homebuyer. Where do you turn for expert help, support and advice that will ease the stress and make the process go smoothly? A real estate agent is the natural place to start, but the truth is that buying a home really is a team effort. Although the roster might vary depending on your game plan, here are some of the players you might expect to have on your team.

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Real estate agent: Is licensed to negotiate and arrange real estate sales. Agents can show and list properties, and complete listing agreements and purchase contracts. They must know the market value and positive and negative aspects of properties.

ISTOCKPHOTO/THINKSTOCK

Mortgage specialist: Is employed by a financial institution and can help guide you through and advise you on the range of products that their company offers.

BRAND X PICTURES/THINKSTOCK

Professional renovator: Is a general contractor, sometimes referred to as a renovation contractor, who can adapt the home to your needs. The renovator will assume responsibility for the work contracted and give you a warranty once it's completed.

ISTOCKPHOTO/THINKSTOCK

New builder sales rep: Are paid to represent the builder. Due to the high volume nature of new home sales, many builder's agents are paid less than a traditional commission; some earn a salary plus incentives. They can also help you choose the right upgrades.

COMSTOCK/THINKSTOCK

Real estate lawyer: Acts as "quarterback" for you, ensuring that your closing and all of the related documentation is complete and delivered on time. Typically, you will meet with your lawyer a day or two before closing.

COMSTOCK IMAGES/THINKSTOCK

Home inspector: Identifies whether a home has any defects. This means they should be fully aware of relevant local ordinances, such as frame construction, electrical and plumbing systems, heating and cooling systems, and the condition of any other structures that are found on the property. TERESA CHIYKOWSKI

RBC Royal Bank

Make buying your first home a reality.

Do your homework before you buy your new home

TERESA CHIYKOWSKI
For Metro

Buying your first home? If you are ready to make that major move to mortgage from rent, there are some important things to consider, including the property type that's right for you.

URBAN CONDO

Does minimal maintenance and a carefree lifestyle appeal to you? If so, an urban condo is probably the ideal fit.

Pros: Shopping and entertainment are usually within walking distance — no wheels required. External maintenance costs are covered by your monthly condo fees, which makes home ownership much easier if you enjoy a busy lifestyle.

Cons: Monthly condo fees run hundreds of dollars. In many cases, a parking space can cost $25,000 to $30,000. If you work outside the city, you will have to incur commuting costs. Also, beware of any outstanding special assessments over and above what condo fees actually cover.

SINGLE-FAMILY HOME

If more space is important to you and being responsible for external home maintenance is not a concern, consider a single-family dwelling.

Pros: You will have space and privacy because you don't share a wall with neighbours. You also have the freedom to maintain your house and landscape your yard to suit your needs.

Cons: If you are buying an older house, be prepared to budget for unforeseen repairs and updates such as windows, roofing and furnace. If you want a new house, complete with upgrades such as hardwood floors and granite countertops, consider this when preparing your budget. Upgrades can add up fast.

FREEHOLD TOWNHOUSE

Finally, if you want your own easy-to-manage home without condo fees, it's worth looking at freehold townhomes.

Pros: With a freehold, you own the home and the land around it and are not subject to monthly condo fees or the stringent rules and regulations set out by a central committee.

Cons: There is no central group that has power over the complex. As a result, exterior colours have no continuity, landscaping tastes and expectations diverge and other issues can arise.

Some final words of wisdom. Before you decide to buy, do you your homework, seek advice and ask questions. After all, it's one of the biggest purchase decisions you will ever make.

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RBC Royal Bank

Chop ½% off your

Many factors determine down payments

TERESA CHIYKOWSKI
For Metro

If you are buying a home for the first time, how much of a down payment will you need to seal the deal? Generally, down payments will range from five per cent to 20 per cent.

The minimum down payment depends on a number of factors, such as the type of home, but it is at least five per cent of the purchase price of the home. For example, to buy a $300,000 home, you will need a minimum of $15,000 as your down payment.

It's important to know that if your down payment is less than 20 per cent, you will be required to pay mortgage default insurance. The insurance premium will vary depending on the percentage you have as a down payment. The higher your down payment, the lower your mortgage premium will be. Usually, mortgage default insurance premiums range from 0.5 to three per cent of the borrowed amount.

Yes, there is help out there

Although it can seem a little daunting to come up with a lump sum of money this large, you shouldn't despair if you are a first-time homeowner. The government offers incentives to help first-time homebuyers realize their dreams.

Home Buyers' Plan

If you are eligible, you can withdraw up to $25,000 tax free from your registered retirement savings plan to purchase or build a qualifying home. To qualify as a first-time homebuyer, you cannot have owned a home as a principal residence for four years before the date of the withdrawal of funds. If you use this plan, you will have to start repaying the amount two years after withdrawing the funds; the entire quantity must be entirely repaid within 15 years.

Home Buyers' Tax Credit

You are eligible to claim an amount of $5,000 for the Home Buyers' Tax Credit. This provides up to $750 in federal tax relief. You qualify if you have not lived in another home owned by you or your spouse or common-law partner in any of the four preceding years and you acquire a qualifying home.

To learn more about mortgages and down payments, visit the Canada Mortgage and Housing Corporation website (cmhc-schl.gc.ca).

If you are buying a home for the first time, it's important to find you how much of a down payment you will need. ISTOCKPHOTO/THINKSTOCK

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Simplifying your mortgage choices

Mortgages can be confusing business, especially if you have never had one. Fixed, variable, open, closed — what does it all mean? To demystify the topic, here is an overview of some of the language you can expect to encounter when you shop for a mortgage.

Conventional mortgage: Is equal to, or less than, 80 per cent of the lending value of the property. The lending value is the property's purchase price or market value, whichever is less.

High-ratio mortgage: Usually requires mortgage loan insurance because the down payment is less than 20 per cent of the home price.

Amortization period: The number of years it will take to pay back your mortgage loan, or the time over which all regular payments would pay off the mortgage. This is usually 25 years for a new mortgage, however, it can be longer (up to a maximum of 35 years). The longer the amortization, the lower the scheduled mortgage payments, but the more interest you pay in the long run.

Open mortgage: You can usually pay off part of or the entire amount of an open mortgage at any time without penalty. This can be a good choice if you plan to sell your home in the near future.

You have many different choices to make when shopping for a mortgage for your home. ISTOCKPHOTO/THINKSTOCK

Closed mortgage: You cannot prepay, renegotiate or refinance a closed mortgage before it matures, except according to its terms. You are locked into a specific payment schedule and a penalty usually applies if you repay the loan in full before the end of a closed term. This is a good choice if you would like to have a fixed monthly payment.

Variable-rate mortgage: The rate of interest may change if other market conditions change. This is sometimes referred to as a floating rate mortgage.

Fixed-rate mortgage: The rate of interest is fixed for a specific period of time.

Adjustable mortgage: Both the interest rate and the mortgage payment vary, based on market conditions.

When you are ready to shop for a mortgage, your lender can walk you through the options and help you make the choices that suit your budget and lifestyle. TERESA CHIYKOWSKI

TOP PHOTO GROUP/THINKSTOCK

Tips for saving money

1 Shop around for a mortgage. A 0.5 percentage point might not seem like much at the time, but it will save you thousands of dollars over the life of your mortgage.

2 Get a home inspection. If the home inspector identifies issues (e.g., poor insulation, leaky foundation) you might be able to renegotiate the purchase price to cover these repairs.

3 Shop for a lawyer. As with any service, legal fees can vary significantly. Consider using someone who specializes in real estate law since rates can be more competitive.

4 Put yourself on a budget and stick with it. There are a number of unforeseen costs that will arise and you want to be ready for them.

5 Forego mortgage insurance. You are farther ahead to increase the term insurance for the amount of the mortgage. The premiums are often less and the payout will be greater.

TERESA CHIYKOWSKI

New or resale pros and cons

Decision. Depending on your wants and needs, you will choose to buy new or resale

TERESA CHIYKOWSKI
For Metro

Resale or new? What's right for you?

You are financially and emotionally prepared to take the plunge and buy your first home. But what kind of home will it be — new or resale? If you are feeling somewhat conflicted, here are a few pros and cons that might help make the decision easier.

There are pros and cons when choosing between new and resale for your new home. ISTOCKPHOTO/THINKSTOCK

BUYING A NEW HOME

PROS

Customization/personalization: You usually have the opportunity to participate in the process of designing your property, which helps create a living space tailored to your tastes.

Fewer repairs: You have lower maintenance costs because everything is new and many items are also covered by a builder's warranty.

Latest building codes have been applied: Your new home will be up-to-date in terms of the latest electrical and energy-efficiency codes/standards.

CONS

Taxes: GST will apply. However, you might qualify for a rebate of part of the GST or HST on homes that cost less than $450,000.

Extra costs: Adding landscaping and upgrades such as hardwood floors, premium carpeting and granite countertops can drive up new home costs quickly. Make sure you know what's included in the price of your house.

A longer wait: If you are having a new home built be prepared for delays. In fact, you could wait up to a year — or longer.

BUYING A RESALE HOME

PROS

No GST/HST: You don't have to pay GST/HST unless the house has been renovated substantially. In this case, taxes will be applied as if it were a new house.

GOODSHOOT/THINKSTOCK

Easier access to services: Resale homes are usually in established neighbourhoods, which means you will be closer to services, schools and shopping.

More character: Older homes have architectural and design features not incorporated in most of today's new houses.

CONS

Renovation costs: You might need to redecorate, renovate or do major repairs such as replacing the furnace, fence, roof, windows and doors.

Mortgage default insurance: If your down payment is less than 20 per cent, you will be required to pay mortgage default insurance.

Energy costs: Older homes are less energy efficient. You may have to spend more money on heating or invest in extra insulation in your walls and/or attic.

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Deal struck on U.K. press laws

Controversial.
Victims' group said regulations could help protect public, but free-speech advocates were disturbed by the proposals

The Leveson Report, seen here, recommended regulations to prevent phone hacking, data theft, bribery and other abuses. THE ASSOCIATED PRESS

British politicians have struck a last-minute deal over press regulation, unveiling a new code on Monday that is meant to curb the worst abuses of the country's scandal-tarred media.

The deal follows days of heated debate over how to implement the recommendations of Lord Justice Brian Leveson, the senior judge tasked by politicians with cleaning up a newspaper industry plunged into crisis by revelations of widespread illegality. Victims' groups have lobbied for an independent watchdog whose powers are rooted in legislation. Media groups have opposed any potential press law, saying it threatens press freedom.

The deal reached in the early hours of Monday morning is a complicated compromise.

"I think we have got an agreement which protects the freedom of the press — that is incredibly important in a democracy — but also protects the rights of people not to have their lives turned upside down," Labour leader Harriet Harman told broadcaster ITV.

The body would be independent of the media and would have the power to force newspapers to print prominent apologies. Submitting to the regulatory regime would be optional, but media groups staying outside the watchdog's purview could risk being slapped with extra damages if their stories fall afoul of Britain's court system.

The previous watchdog barely investigated allegations of phone hacking. Chairwoman Peta Buscombe was sued for libel after she challenged the account given by a lawyer for phone hacking victims. The former ethics adviser, Tina Weaver, was arrested last week on suspicion of conspiring to hack phones. THE ASSOCIATED PRESS

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An alarming 40,000 kids drop out of high school every year. Boys and Girls Clubs of Canada are committed to changing that. They provide a safe and supportive place where kids can develop confidence and life skills. They offer programs like *Rogers Raising the Grade*™ to help kids with their studies. The Club is a place where kids can drop in, so they're less likely to drop out.
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ALL'S FAIR IN LOVE AND LAUNDRY

SHE SAYS

Jessica Napier
metronews.ca

There are numerous benefits to shacking up with a significant other — not only is it cost effective but those late-night booty calls become a lot more convenient. But what happens when you wake up the next morning and realize that the floors need to be cleaned and there's a pile of dirty dishes in the sink? What's the best way to handle the division of labour when you start living together under the same roof?

Some couples think it's best to approach cohabitation in a pragmatic, organized fashion while others assume that the living situation will evolve more organically. Divvying up household responsibilities in a systematic fashion can help reduce the I-took-the-garbage-out-last-week arguments, but I can't help thinking that keeping an official chore schedule and tallying up grocery store receipts might ultimately suck the romance out of the relationship.

Like many women, I've had my fair share of discussions (ahem, blow-out fights) about discrepancies in who does more housework. When my boyfriend and I first moved in together he suggested that he take care of the laundry while I should be the one to clean the toilet because "you're so much better at it than I am." He was half-joking (I hope) but also correct in that I was much more proficient at keeping things neat and tidy. However, I swiftly gave him a crash-course in bathroom maintenance and explained that I refused to live with a man-child with no concept of how to clean up after himself.

If anything, the guys should be the ones cleaning the toilet more often because as ladies we have much better aim when it comes to bathroom visits.

While household work might have been a woman's domain in the past, times have changed and traditional gender roles have given way to confusion as both men and women negotiate their new responsibilities inside and outside of the home. The notion of a clearly defined male breadwinner and his dutiful housewife seems laughably archaic now, but that doesn't mean we've totally figured out how to navigate our way through this uncharted domestic territory. However, there's no doubt that two partners with full-time jobs and busy social lives should be making a conscious effort to divide household chores equally.

But if we take our desire for equality too literally it's possible that our pursuit of balance might start breeding resentment. If you're refusing to wash each other's underwear or help clean up the kitchen when it's not your turn, then that well-intentioned organization will turn into animosity. Tracking every single meal cooked and dollar spent in the name of equality might seem like a sensible approach, but it's kind of like keeping score in a game with no real winners.

That elusive notion of "domestic bliss" probably exists somewhere in the healthy middle ground between a hyper-regulated household and unmanaged chaos. However, if I haven't found it after four years of cohabitation then I might just have to accept that there will always be arguments. At least he knows how to scrub a toilet bowl now.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Fancy some moonshine?

STEVE NILSEN/REX FEATURES

When the light hits your eye

Photographer Steve Nilsen couldn't help having fun when he witnessed an impressive moon halo in Kvæfjord in northern Norway. He grabbed his flashlight and made it appear as if he was creating the stunning natural phenomenon with the flashlight. "I made the most of the sky as there were no aurora to see then," he said. METRO

How the moon gets its halo

A moon halo is caused by the refraction of moonlight from ice crystals in the air.

The shape of the ice crystals results in a focusing of the light into a ring, which surrounds the moon at a radius of 22 degrees. Since the crystals typically have the same shape, namely a hexagonal shape, the moon ring is almost always the same size. METRO

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

The unfortunately-named Border Porn is a Reddit page dedicated to very cool photos of international crossings — from the U.S. border splitting a Canadian's driveway to the meeting of hemispheres in Ecuador.

The patio of the Frontière Café in Baarle-Nassau, Belgium, is a humble dividing line with the Netherlands.

Which is a far cry from the military tension of the Korean Peninsula's DMZ.

Letters

RE: Obama: Keystone XL Pipeline Not Major Jobs Creator, published March 14

Obama, quit posturing, just say yes or no. Time to sink or swim for your toothless presidency.

Raymond Fortier posted to metronews.ca

RE: Experts Renew Calls to Solve Foreign Investment Housing Affordability Puzzle, published March 17

The market was inflated all over Canada. Winnipeg home prices doubled over the last 10 years, too, and there weren't any foreigners buying there. This is a huge bubble inflated by the federal government/CMHC policy of subsidizing mortgages with low to no down payment and 30 to 40 year terms.

Joe Mainlander posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: torontoletters@metronews.ca

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DVD reviews

The Hobbit: An Unexpected Journey

Director. Peter Jackson

Stars. Martin Freeman, Ian McKellen, Richard Armitage

Director Peter Jackson chose to tell the first part of his The Hobbit film trilogy in 3D at 48 frames per second (twice the normal rate). The DVD/Blu-ray release of the film is less ambitious. There's no 48fps, and 3D is available on Blu-ray only, but there's still lots to see and marvel over. Events in The Hobbit: An Unexpected Journey are set 60 years before novelist J.R.R. Tolkien's Lord of the Rings begins, when a wise Gandalf shows up at the Shire home of happy Bilbo (Martin Freeman) urging him to adventure. Gandalf (Ian McKellen) represents 13 dwarves whose Kingdom of Erebor has been invaded and conquered by the dragon Smaug. The dwarves seek to reclaim their homeland and also the treasure the dragon has stolen. At a running time of 170 minutes, The Hobbit packs in too much of a good thing, but it's all quality stuff.

PETER HOWELL

Ladies and gentlemen...

It's our pleasure to introduce to you... Justin Timberlake's career. His album, The 20/20 Experience, is out today. In honour of JT, we take a look back.

METRO WORLD NEWS

1981

Beamed down from heaven — to Tennessee — Justin Timberlake simply appeared one day, fully-formed. His first words were not words at all, but traditional gospel hymns that made grown men weep.

1993

His first big break: Timberlake sang country music on the U.S. talent series Star Search. That isn't the first hat he'd regret.

1993

Britney Spears, Christina Aguilera and JT appeared on The Mickey Mouse Club when — whoa, is that Ryan Gosling? Why isn't this story about him?

1995

Backstreet who? *NSYNC sold 11 million albums, and the sequel, No Strings Attached, became the fastest (at the time) selling album ever.

2000

Bristin Timberspears never really took off as a nickname. It's never too late.

2002

The solo career. The album Justified would sell more than 7 million worldwide.

2004

Nipplegate

2006

Timberlake brings sexy back with FutureSex/LoveSounds.

2007

Madonna teams up with JT and the world shrugs.

2010

Timberlake brings swagger to the Oscar-nominated The Social Network.

2013

Straightened hair, sharp suits, a lifetime of style lessons learned. Justin is back with The 20/20 Experience, out today. He's a latter-day Sinatra who moves like Michael Jackson.

SCENE2

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Twilight author Stephenie Meyer ALL PHOTOS GETTY IMAGES

Did RPattz and KStew take the fall for Stephenie's fame?

Twilight creator Stephenie Meyer admits she feels some guilt for the circus the lives of stars Kristen Stewart and Robert Pattinson have become. "If they had the choice, I've no idea if they'd even do Twilight again. I just don't know. I think this has all come at a heavy price," Meyer tells Britain's Times magazine. "I just don't think they enjoy the parts (of fame) that other people would. And I totally get that, because it would not be my thing either. At the same time — and this is where the guilt comes from — it's created this nice, peaceful place for me. They took all of my heat, which I feel bad about."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Here comes the Lohan!

THE WORD
Meredith Engel
scene@metronews.ca

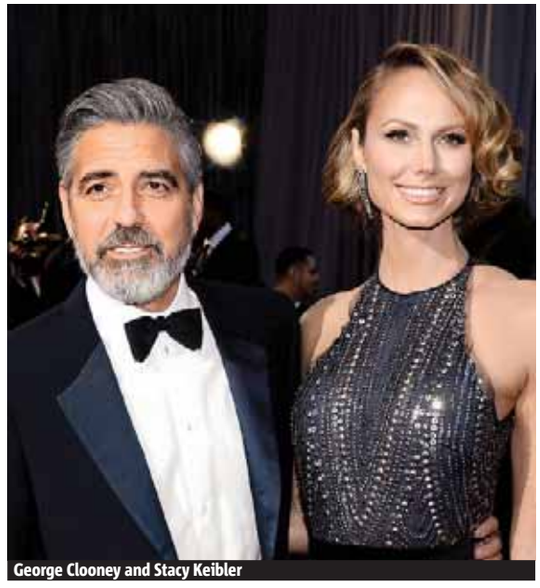
We only wish it was a happy occasion for Lindsay Lohan. The star was greeted with a showering of glitter as she arrived to her latest court appearance on Monday in L.A. Lindsay was, naturally, late to the appearance — she was scared to fly alone, but thankfully, an energy drink company by the name of Mr. Pink hooked her up on the company's private jet, per The Atlantic Wire.

Our question: what's an energy drink company that no one's ever heard of doing with a private plane?

Lindsay Lohan gets glitter-bombed. DAMIAN DOVARGANES / THE ASSOCIATED PRESS

Clooney and Keibler canoodle, kill the rumours

George Clooney and Stacy Keibler stepped out hand-in-hand for dinner in Berlin this weekend amid rumours that the couple's relationship is in trouble, according to E! News. Clooney and Keibler were dressed casually and were joined by Matt Damon, who joined them after dinner at the Soho House. Clooney is in Berlin filming the Monuments Men.



George Clooney and Stacy Keibler

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Gwyneth Paltrow

Going for baby three a scary thought for Paltrow

Gwyneth Paltrow has been considering having a third child, but one very traumatic experience from the last time she and husband Chris Martin tried — which resulted in a miscarriage, she reveals — is giving her pause. "My children ask me to have a baby all the time. And you never know, I could squeeze one more in. I am missing my third. I'm thinking about it," the mother of two tells the Mail on Sunday's You magazine. "But I had a really bad experience when I was pregnant with my third. It didn't work out and I nearly died. So I am like, 'Are we good here or should we go back and try again?'"

Put your spring back in spring

Eat fatty fish to make your skin glow. Purge your Facebook feed. Sex, stress, fitness and diet experts share their foolproof tips for starting afresh as Wednesday marks the first day of spring.

ROMINA MCGUINNESS
METRO WORLD NEWS

Eat oily foods for super smooth skin

Oils from salmon and herring have high concentrations of the omega-3 fatty acids DHA and EPA, which offers softer skin and minimize the appearance of wrinkles. Not fond of fish? Watercress, walnuts and flaxseeds are great plant-based alternatives. Cheryl Forberg, nutritionist for The Biggest Loser, recommends eating three to four grams per day.

Eat the right amount of calories at the right time

If you can't figure out how to space out your calorie intake, think, "three meals and two snacks," Forberg tells Metro. "Say you're taking in 2,000 calories a day. Divide this by four. This allows for three, 500-calorie meals and two, 250-calorie snacks."

Have a coregasm

"Any workout involving the core can be a powerful trigger, all you need to do is tap into your erotic tools: your body and breath. Sit-ups are great. Take in a long deep inhale and then as you exhale, crunch and contract the pelvic floor muscles. Hold that tension in your core. As you release, pleasure floods through you. Allow your body to jerk, shake or twitch," says celebrity sexologist Jaiya.

Negativity out, Honesty in

Celebrity Stress Coach Kristen K. Brown says spring is a time to ask yourself: "Am I doing what I should be?" If you're crabby all the time and constantly bitching could you be causing your own drama? Look at your Facebook and Twitter feed to see what you've been posting of late.

Outdoor workouts

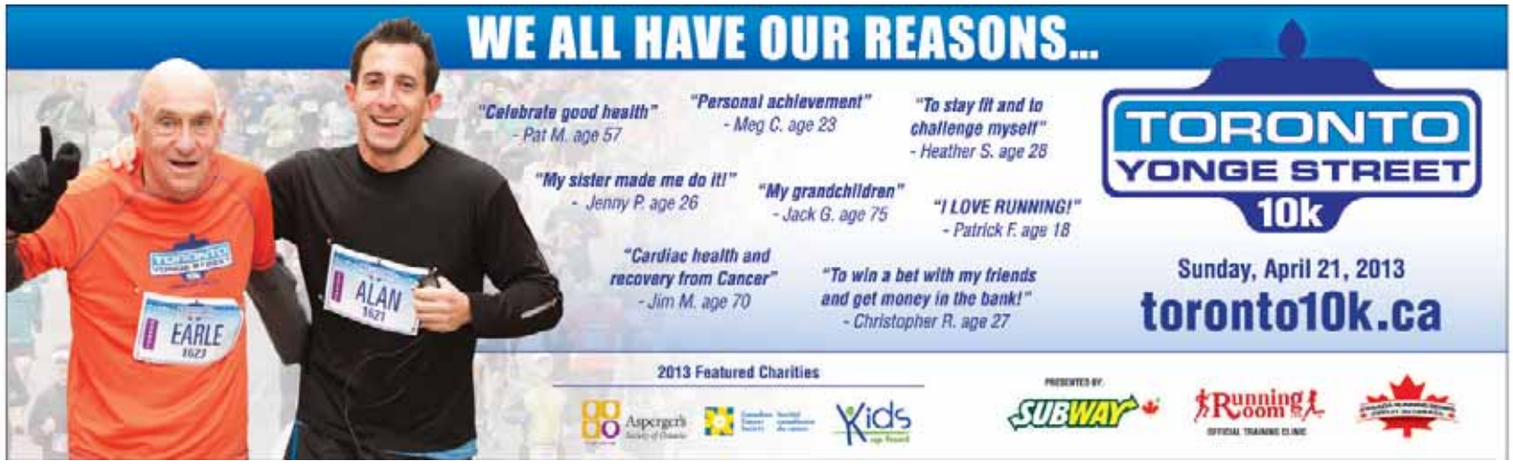
Things like tennis, rollerblading, hiking, etc. become a much more viable option in the spring. You can also implement more activities of daily living. "Take morning or evening walks and ride your bike places instead of driving your car," suggests Joe Dowdell, Anne Hathaway's personal trainer and founder of Peak Performance.

Get your morning under control: from p.m. to a.m.

Most mornings you: scramble around looking for a pair of clean underwear and get to work (late) on an empty stomach, buzzing on caffeine. This frenzy sets the tone for the rest of the day.
"Doing more prep in the evening reduces stress," says Brown. "Pick out an outfit and have everything in one place so you can just grab and go." And, as you won't be lying in bed thinking about everything you need to do the next day, you'll sleep better. Bonus.

Sleep seven to eight hours a night

"As we sleep, the body repairs and regenerates itself," explains Dowdell. "But sleep also has a major affect on two key appetite-regulating hormones: leptin, that tells you when you're hungry, and ghrelin, that signals when you're full," he adds. Together, they work like a checks and balances system in the body: "When you lack sleep, your leptin levels drop and your ghrelin levels rise, causing you to crave sugary, high-carb foods. This imbalance can sabotage your diet."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"Celebrate good health" - Pat M. age 57
"Personal achievement" - Meg C. age 23
"To stay fit and to challenge myself" - Heather S. age 28
"My sister made me do it!" - Jenny P. age 26
"My grandchildren" - Jack G. age 75
"I LOVE RUNNING!" - Patrick F. age 18
"Cardiac health and recovery from Cancer" - Jim M. age 70
"To win a bet with my friends and get money in the bank!" - Christopher R. age 27
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Headache remedies

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

A few natural remedies have shown to help with headaches. ISTOCK

Stress is a big trigger for tension-type headaches. Other causes are hormonal changes such as menstruation, dental problems such as jaw-clenching, poor posture, skipped meals, fatigue, anxiety and depression.

Women are 15 per cent more likely to get headaches than men, with the incidence peaking in your 40s and declining thereafter.

In the current issue of Best Health, freelance writer Michelle Villett rounds up over-the-counter remedies to treat headache, and also found some natural ones. Natural remedies include:

Feverfew
This inhibits inflammation so the blood vessels don't spasm so much, according to a naturopathic doctor we consulted. Some studies show that people who take it over time have fewer and less severe headaches.

Butterbur
It's been shown to reduce headache frequency.

Magnesium glycinate
This form of magnesium (that won't cause diarrhea) could be a good choice because it relaxes muscles.

You can also look for relief by massaging your temples with a topical product that has cooling properties. Dilute peppermint essential oil in a carrier oil like olive or coconut, or use a menthol- or camphor-based balm such as Tiger Balm.

The cooling can confuse the perception of pain, and menthol can have a relaxing effect as well as anti-inflammatory properties, which can help relieve pain. For the full article, pick up the March/April issue of Best Health, on newsstands now.

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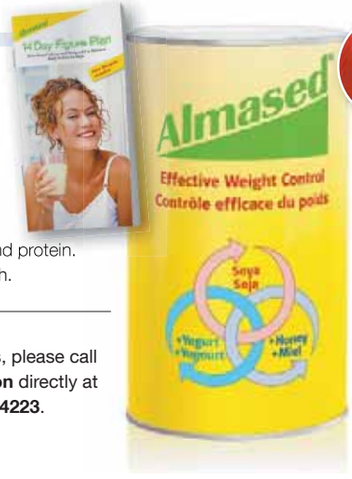

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Dinner: 8 tablespoons of Almased (50g) in unsweetened almond milk with 2 teaspoons of oil (flaxseed, walnut or olive) and 1 teaspoon of cinnamon.
Day 4 Through 14
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online)
Dinner: 8 tablespoons of Almased (50g) in water with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
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Forget Gatorade, just pop a Medjool Date Ball

This recipe makes about 18 balls. NATURAL DELIGHTS MEDJOOL DATES

THERESA ALBERT
myfriendinfood.com

As a new runner, I am on a mission to find a way to support my exercise without drinking and eating processed and sugar laden energy packs and sports drinks.

What I have discovered is that I do need a pre-run, low glycemic index, nugget of a power snack.

Then I found that these Medjool Date Balls were the perfect thing to keep in my purse to perk me up from any 3 p.m. slump or high demand, low energy day.

Psst ... kids like them too!

Ingredients

- 1 cup (250 ml) raw almonds
- 16 Natural Delights Medjool Dates, pitted
- Water, for blending
- 1/2 cup (125 ml) shredded unsweetened coconut
- 1/3 cup (75 ml) raw almond butter or coconut butter
- 3 tbsp (45 ml) cocoa powder
- 1 tsp (5 ml) ground cinnamon

1. Pulse almonds in a food processor until coarsely ground. Transfer to a bowl.

2. Pulse dates in food processor until almost smooth, adding up to 3 tbsp (45 ml) water as needed to help blend.

3. Add almonds back to food processor with coconut, almond butter, cocoa powder and cinnamon and pulse, scraping down mixture in bowl with a wooden spoon as needed until completely incorporated.

4. Transfer to a large bowl. Scoop mixture into 2 tbsp (30 ml) balls, rolling with your hands; place balls on a parchment-lined baking sheet. Cover and refrigerate. **RECIPE COURTESY OF NATURAL DELIGHTS MEDJOOL DATES**

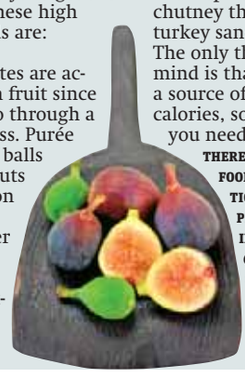
Health Solutions

Start dating again

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Once the manna of hikers and hippies, dried fruits are showing up everywhere. They are the perfect glucose nuggets for pre-workout or quick energy during a long run, but they are also a portable simple snack and a little goes a long way. Some ways to get the benefits of these high mineral foods are:

- Medjool dates are actually a fresh fruit since they don't go through a drying process. Purée and roll into balls along with nuts and cinnamon for an excellent appetizer or accompaniment to a cheese platter. They are a great ingredient in loaves as they add anti-oxidants along with sweetness.



- Dried figs can be sliced in half, spread with goat's cheese and lightly baked and then drizzled with balsamic for a stunning appetizer.

- Dried papaya contains papain with is a natural digestive enzyme. Many with stomach issues find it soothing. Chopped into salads and stews, they add a zing of sweetness. Think about simmering them with water, fresh ginger and a splash of sherry for chutney that will make any turkey sandwich sing. The only thing to keep in mind is that dried fruit is a source of concentrated calories, so a little is all you need.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Easy and low fat — it doesn't get any better

NATALIE RICHARD
YummyMummyClub.ca

I love this Cranberry Muffin recipe because it is so easy to make and on top of being healthy and low fat, the muffins are not too sweet.

They make a perfect afternoon snack or even a morning delight.

1. Preheat the oven at 350 F.

This recipe makes 12 muffins. NATALIE RICHARD OF YUMMYMUMMY.CA

Ingredients

- 1 cup of all purpose flour (I like unbleached organic pastry flour)
- 3/4 tsp baking powder
- 1/4 tsp baking soda
- 1 pinch of salt
- 1 tbsp butter
- 1 egg, beaten
- 1/2 cup maple syrup
- 1/4 cup plain yogurt (2% or non-fat)
- 1/2 Granny Smith apple, grated
- 1 cup fresh cranberries

2. Butter or spray muffin cups with non-stick cooking spray.

3. Mix flour, baking powder, baking soda and salt together.

4. Incorporate the butter and mix in the beaten egg, maple syrup, yogurt and grated apple.

5. Fold in the fresh cranberries and spoon the batter evenly in the muffin tins. Bake until done, about 20 minutes. You can test to see if they're done by sticking a toothpick into the centre of a muffin. If it comes out clean, pull out of oven, let cool on wire rack and enjoy. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.**

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metro

Raise money. Crowdfunding for businesses would give investors stake in company

Crowdfunding would allow small investors to help get companies off the ground. ISTOCK IMAGES

Social media wants to meet up with corporate finance on the Internet to let startup and small businesses raise money online.

It's called equity crowdfunding — different from Kickstarter which funds creative projects like movies, games or music — because it would give these online investors shares in a company.

CEO and president Chad McMillan of Canada Gold Corp. (TSXV:CI) said equity crowdfunding would bring in more investors contributing smaller sums of money, spreading the risk.

"Crowdfunding is an innovative technique using modern technology that provides an opportunity to do that," he said in an interview.

He said it would help democratize investing, allowing small investors to help get companies off the ground.

"I believe there are people who would love to have access to those opportunities as opposed to it just being reserved for the distinguished few."

McMillan said publicly traded junior mining companies such as his own, startup technology and resource companies and any number of businesses would benefit.

"Many companies are finding it quite difficult to access and raise capital to advance their projects or their ideas," said McMillan, whose company is based in Vancouver.

THE CANADIAN PRESS

Laying the groundwork

- Equity crowdfunding is already allowed in Australia, United Kingdom and the Netherlands. Italy is implementing it and the United States also has laid groundwork for it.
- In Canada, a number of provinces are looking at it, including Quebec, Alberta and Ontario.

Five taxing tax myths

Alison on Money.
Fact or fiction: what do Canadians believe when it comes to tax time?

YOUR MONEY
Alison Griffiths
money@metronews.ca

Do Canadians have a few wrong ideas about their taxes? ISTOCK IMAGES

Income tax is complex and, I suspect, deliberately confusing. After all, filing returns employs an entire profession. Not surprising then that Canadians have many wrong ideas about their taxes.

These five myths, culled from H&R Block's free online question and answer service (hrbtaxtalk.ca), can run you afoul of Ottawa or cost you money.

1. I earned less than the $10,822 personal amount so I don't have to file a tax return.

Even if you did not earn more than the $10,822 personal amount and have no other deductions, neglecting to file a tax return may cost or reduce benefits such as the quarterly GST/HST payment or the Ontario Trillium, Quebec Solidarity or Child Tax benefits. Seniors may be entitled to the Guaranteed Income Supplement.

Note: If you have had tax withheld, the refund depends on you filing a return.

2. I can claim a flat rate amount for business mileage.

Self-employed Canadians must keep a logbook to calculate the auto expenses for their business. "You can track your mileage for a year to create a baseline," notes H&R Block senior tax analyst Cleo Hamel, "then the next year track a three week period and if it's the same, you use it for the whole year. But be detailed."

3. Child support is a tax deduction.

Unless your agreement is dated before May 1, 1997, child support payments are reported on your tax return but are not a deduction or included in income.

Note: spousal support payments are tax deductible, however, and considered income.

4. If I work outside of the country, I do not need to file a tax return.

It's all about residency. If you are working outside the country but retain substantial residential ties to Canada, you will be required to file a Canadian tax return.

Note: you can give up residency and have it reinstated later. But it can be complicated. Check out cic.gc.ca/english/citizenship/renounce.asp.

5. Mortgage interest is a tax deduction.

Unlike the U.S., only self-employed Canadians working from home can claim a percentage of mortgage interest as a business expense. "A lot of our confusion about this comes from our close connection with the U.S. and watching American television," says Cleo Hamel.

Tax filing software will steer you clear of most myths. Be sure to file even if you don't have a taxable income.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

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Open your textbooks to 'opening up shop'

Mind your own business! Rise of startups compel universities to teach entrepreneurship

Phil Jacobson thought getting a business degree would help open doors on Bay Street.

He didn't expect it would also help him become a big wig on Main Street.

"I figured, out of all the undergrad possibilities that were out there, a business degree would position me as the most well-rounded coming out of school," said the 22-year-old president and co-founder of mobile app PumpUp.

"So I could either start something or get a great job and just have those good skills."

After graduating last summer from Wilfrid Laurier University in Waterloo, Ont., Jacobson decided that his dream wasn't to get poached by a big financial firm. Instead, he wanted to continue working for himself.

And he's not alone.

Although there are no statistics on how many university students become employers or self-employed after graduation, in recent years, Canadian universities have begun to update their curriculum to support an increasing number who want to work for themselves once they finish school.

Traditionally, post-secondary institutions mainly focused on teaching students the skills needed to get hired by someone else.

"It's more than just giving people skills to go and start their own company," said Jacobson. "It's giving people skills to become an 'A' player where they go and work at if they don't choose to do their own thing."

Jacobson currently runs his startup with partner Garrett Gottlieb out of the Hyperdrive incubator program at Communitech in Waterloo, Ont., after making connections through the university.

The company employs a director of health and fitness and a number of advisers. It launched PumpUp, an app that customizes workouts, last December.

Sheldon Levy, president and vice-chancellor of Ryerson University, says post-secondary institutions must realize their "responsibility" in fostering and supporting students who want to start small and medium-sized companies.

"Two and a half years ago, no one in the university sector was talking about students being entrepreneurs, now everyone is talking about it," he said.

In 2010, the university in downtown Toronto opened 12,000 square-feet of co-working space for students, alumni and young entrepreneurs. This year, that incubator, dubbed the Digital Media Zone, will expand to 35,000 to 40,000 square-feet.

Levy says during that time, 75 startups have worked out of the offices. Sixty-seven of those have become registered companies, creating more than 650 jobs.

"At the time, it was in the context of realizing the importance of experiential education and also that universities were going to have to pay attention to not only educate the talent to be great employees but to take the responsibility for ... their graduates to become the employers," he said.

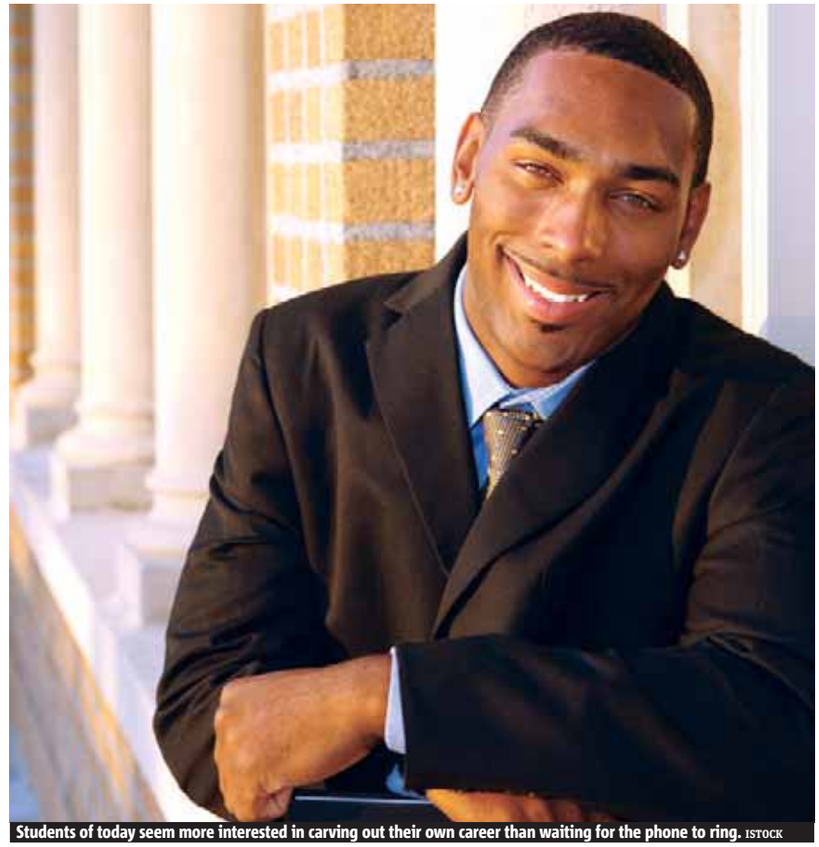
In the past, Levy says small- and medium-sized startups were typically based in blue-collar sectors, under the privy of trade colleges.

Now, many of these companies are in "knowledge-based" areas, partly due to lower startup costs, and universities should be prepared to help their graduates get their businesses off the ground. THE CANADIAN PRESS

Who's the boss?

Brennan McEachran, 22, says he's noticed more and more of his peers in his undergraduate business administration classes foregoing that great job offer at a hedge fund or in finance to pursue their own companies.

- McEachran, who started HitSend Inc., in his third year of university, says the jump in student entrepreneurs is largely due to universities understanding the importance of fostering ideas, mentorship and willingness to help get startups off the ground.
- For some of his classes at Ryerson, he was able to submit projects and ideas he was working on voluntarily for class credit, helping him "turn out better projects because I cared," said McEachran, who is originally from Cobourg, Ont.



Students of today seem more interested in carving out their own career than waiting for the phone to ring. ISTOCK

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Pre-apprenticeship perks

Take a hands-on approach to figuring out your future. ISTOCK

Seek before you settle. Still on the fence about a career in the skilled trades? Try a pre-apprenticeship

LEAH RUEHLICKE
TalentEgg.ca

These programs are a great way to expose yourself to the trade, gain work experience and earn some basic certifications before committing to being a full-on apprentice.

Benefits of a pre-apprenticeship

- Develop your skills and knowledge of the trade
- Prepare yourself for employment
- Explore a potential trade you aren't sure about but have an interest in
- Upgrade your academics — some programs focus on a specific knowledge area and offer further courses to build up your knowledge before entering a full-time placement

How to get involved

Contact your local apprenticeship office to find out which pre-apprenticeship programs are offered in your area. Information will differ depending on what province you're situated in. The following are examples of different types of programs offered in Ontario:

Employment Ontario

Ontario's Pre-Apprenticeship Training Program offers programs up to 52 weeks in duration which consist of both in-class training sessions and a work placement.

Pre-Apprenticeship Training Institute (Ontario)

This institution emerged in 2006 upon recognition of the need for higher education in the technical field. The Pre-Apprenticeship Training Institute offers training in various trades including plumbing, refrigeration and air conditioning mechanics and network cabling.

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START A NEW JOURNEY TODAY

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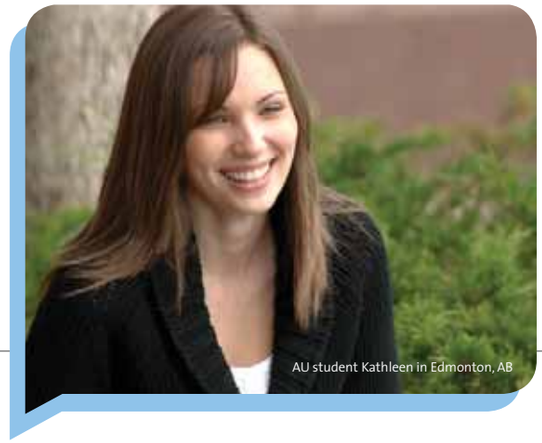
You can have the career you want. All you need is the right training. In other words, you need continuing education.

Continuing education is offered at colleges, universities, training centres, and other institutions of learning across Canada. It ranges from single-day workshops to multi-semester courses and programs designed to make you a skilled professional in your chosen field. And that field can be nearly anything — from accounting to fashion design to automobile repair, among hundreds of others.

People turn to continuing education for different reasons. For some, it's because they lack the skills, knowledge, or accreditation necessary to get the job of their dreams. This may be because they entered the workforce straight out of high school, and therefore lack the post-graduate qualifications for which employers are looking.



AU student Kathleen in Edmonton, AB

For others, continuing education is a way to stay current. Technology and best practices evolve over time, no matter what kind of business you are in. Continuing education is a way of ensuring you stay at the top of your game. Even better, it can be a means for you to grow your career.

What if you are highly educated, but lack work experience? This is a problem for many university graduates, but it can be overcome through continuing education. With curricula attuned to the realities of the marketplace, continuing education programs teach you to apply your theoretical knowledge in a practical way. Many include internships, allowing you to gain work experience before you graduate.

Not all continuing education is this serious, of course. Many people seek it simply for personal interest. Have you always wanted to paint? Sculpt? Develop an appreciation for fine wine? You can find courses and workshops devoted to these topics and many more — all of them quick, affordable, and fun.

If you have a full-time job or family commitments (or both), furthering your education may seem like a luxury you can't afford. You needn't worry. Today's continuing education programs and courses are designed to be flexible, adapting to a range of personal schedules and lifestyles. Just look around — you will find both full-time and part-time programs, accelerated programs, even courses held on evenings or weekends. Some programs are delivered entirely online.

It doesn't matter how old you are, or how busy. It doesn't matter how long you have been in the workforce — or out of it. Continuing education can be your route to the career you deserve. And your journey starts today.

– Chris Edwards

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COURT YOUR NEW CAREER

BEGIN FUTURE AS A PARALEGAL WITH GEORGE BROWN

CONTRIBUTED

Paralegals play an important role in Ontario's justice system. Enrol in George Brown College's paralegal certificate program this May, and you can begin your own paralegal career in less than three years.

The paralegal program is part time, designed to accommodate students with full-time jobs and other commitments. "There are a lot of reasons to pursue a career in law, but it's not easy to do while you're juggling family, work, and other demands," says Dan Nelson, a lawyer, and one of the program's instructors. "With George Brown College's paralegal program, you don't have to wait. Just sign up for the next class and you'll be done before you know it."

Paralegals are officers of the court, licensed to provide specific legal advice and even represent clients in certain courts — they may work independently or alongside lawyers. GBC's paralegal certificate program is accredited by Law Society of Upper Canada (LSUC). To begin practising, graduates of the program must complete LSUC's paralegal licensing process.

Courses are offered throughout the year and you can register for up to five per term. You can register and pay for them on a course-by-course basis — allowing you to complete the program at your own pace. Classes are held in evenings and on weekends at GBC's St. James campus in downtown Toronto. Students must also complete 120 hours in a work placement before graduating.

Enrolment for the spring/summer term is open now. For more information about the paralegal program, contact GBC's continuing education legal studies department at 416-415-5000, ext. 2869, or celegal@georgebrown.ca. You can also visit coned.georgebrown.ca.

MAINTAIN A STRONG SOCIAL MEDIA PRESENCE

CONTRIBUTED

Things move fast on the web. George Brown College can help you keep up.

George Brown College's social media workshops offer you intensive training in the latest methods of popular communication. Each lasts one day, taking place on a Saturday at GBC's downtown St. James campus. Space in the following workshops is still available:

FACEBOOK MARKETING WORKSHOP: Though Facebook is the most popular social media platform in the world, few of its users grasp its potential as a marketing tool. This workshop teaches you the strategic approaches and skills you need to plan, develop and maintain a Facebook presence. The next start date is April 13.

SOCIAL MEDIA MARKETING WORKSHOP: Exploring everything from Facebook to Twitter, Pinterest, LinkedIn, and the blogosphere, this workshop teaches you to develop and maintain a social media presence beneficial to your brand or business. The next start date is April 13.

TWITTER MARKETING WORKSHOP: This workshop teaches you the fundamentals of Twitter "language," including the ever-popular hashtag. You will learn to set up and maintain a corporate Twitter account in less than a day. The next start date is May 13.

For more information, please visit coned.georgebrown.ca/social.

GEORGE BROWN COLLEGE PHOTO

TIME TO TURN OVER A NEW LEAF

Great gardening is both an art and a science. At George Brown College, you can learn the techniques you need to make green spaces functional and beautiful.

GBC's garden design certificate program teaches you how to design, install and maintain gardens in Ontario. Offered in partnership with the Toronto Botanical Garden and led by horticultural professionals, this program is valuable to seasoned gardeners and beginners alike. Classes are held on weekdays and in the evening to accommodate students with full-time jobs.

For some, it can signal a fresh start. It certainly did for Elaine dos Santos, who enrolled in the program after spending nearly 40 years as a law clerk. "The goal was to reinvent myself — at age 57 — and start a new career in garden design," she says. "With the help and support of George Brown College, its instructors, and my classmates, I achieved this goal and will be working part time as a garden designer this season."

Of course, not every student is interested in earning their certificate. Some simply wish to learn more about gardening, landscaping, or the physiology and varieties of plants. GBC therefore allows you to sign up for standalone courses, too. If courses like edible gardening in the city, or landscape construction sound interesting to you, inquire about enrolment today.

The next intake for the garden design certificate program begins this fall. Students typically complete the program in about two years. To learn more about it, contact GBC's continuing education liberal studies department at 416-415-5000, ext. 2092, or celiberal@georgebrown.ca.

Learning that makes a difference.

Meet Marievee, Lidia, David, Noel, Samantha and Matt – just a few of the people who have achieved inspiring success with the help of our Continuing Education courses. The skills, connections and confidence they gained made it possible for them to achieve their goals. Read their stories on our website, and see the difference you can make in your own life with George Brown College.

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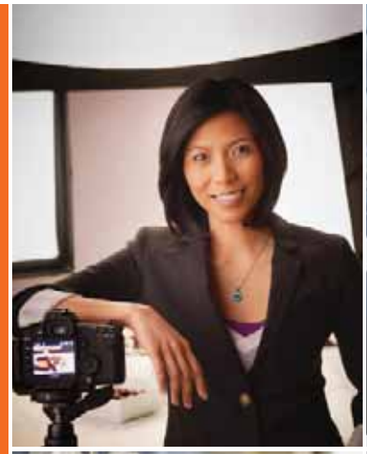

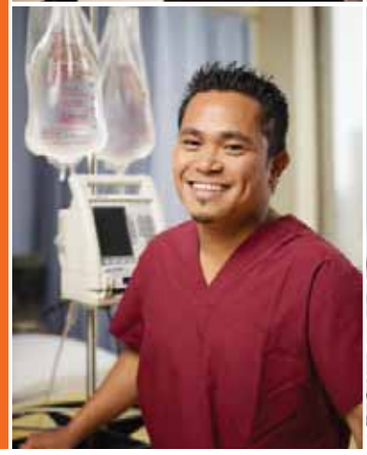

GEORGE BROWN COLLEGE School of Continuing Education

Register now for spring classes!
coned.georgebrown.ca

STRATEGY DRIVES BUSINESS RESULTS

DEGROOTE HOSTING DISNEY SEMINAR

DISNEY PHOTO

Do you have questions about how to improve your business? Imagine if a leader of one of the world's most successful companies was here to answer them. It can happen.

This May, the Degroote School of Business, part of McMaster University, hosts Disney's Approach to Business Excellence — a daylong program dedicated to teaching the business wisdom that has made Disney a global powerhouse. No matter what product or service your business provides, you will benefit from the best practices revealed here.

"This program covers five core topics: Creativity and innovation; leadership excellence; quality service; brand loyalty and selection; and training and engagement. Together, they create a powerful business strategy that can drive financial results," says Bruce Jones, programming director of the Disney Institute. "Our goal is to provide you with practical advice you can use the next day."

This won't be the first time DeGroote has sponsored one of these programs. Its partnership with Disney Institute is one founded on trust, good sense, and commitment to delivering a quality product — the same principles that help any business succeed.

"We've been working with McMaster since 2005," Jones says. "The Degroote School of Business makes a great sponsor because its faculty and staff have a passion for Disney Institute programs. They believe in the impact these programs can make on the business community because they've seen it first-hand."

Programs are led by two facilitators, each a leader working for Disney. Their presentations are a mix of lectures, storytelling, illustrations and video, keeping you both informed and entertained. Questions are encouraged, and facilitators try to be available for further discussion during breaks as well.

"One of the most important things to know about these programs is that they're fun," Jones says. "Our facilitators are serious about business, but we also know that people are more creative and learn better when they're enjoying themselves. We do our best to make this a memorable day for everyone."

Disney's Approach to Business Excellence will be held May 29 at the Mississauga Convention Centre. To register, visit degroote.mcmaster.ca. To learn more about Disney Institute and its series of programs, visit disneyinstitute.com.

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CENTENNIAL COLLEGE

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SHARE YOUR TALENT WITH THE WORLD

WITH SHERIDAN COLLEGE'S INTERIOR DECORATING CERTIFICATE PROGRAM

Interior decorators bring beauty and function to man-made spaces. Enrol in Sheridan College's interior decorating certificate program and you can learn how they do it — then do it yourself.

Sheridan is one of the largest arts and design schools in Canada, celebrated worldwide for the quality of its programs. Its interior decorating program is highly respected. Graduates are recognized by the Canadian Decorators Association (CDECA) and go on to pursue careers as sales consultants, colour, space planning, or decorative arts consultants, or as entrepreneurs.

You must complete 14 courses to earn your certificate — all of which are designed to prepare you for the industry as it currently exists. You will learn in a professional studio environment with state-of-the-art equipment. You will also have full access to samples in Sheridan's industry-supported decorating and design resource room. The materials available in this room are the same ones used by interior decorators working right now.

Instructors in the interior decorating program have been part of the industry for years and continue to work in it. Not only can they teach you the theory you need, they can give you the benefit of their experience, too. This is valuable knowledge for a graduate just starting their career.

You will also have opportunities to interact with the industry directly. Sheridan invites guest speakers to the classroom, and sends students to showrooms and decorating centres, too, so they can see first-hand the type of work environments available to them.

Isn't it time you shared your talent with the world? The interior decorating certificate program has three intakes per year: January, April, and September, and space is still available for the week of April 22. To learn more about the program and how you can be part of it, contact Donna Armstrong, program co-ordinator, at donna.armstrong@sheridancollege.ca, or visit the continuing education section of sheridancollege.ca.

ELIGIBLE FOR YEAR 2 PROGRAM

The interior decorating certificate program closely aligns with Year 1 of Sheridan's interior decorating diploma program. Complete your certificate, along with the essential communication skills course and one general-education elective, and you will be eligible to apply for entry into the second year of the two-year diploma program.

UNIVERSITY OF TORONTO
FACULTY OF LAW
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Your time is now!

The Internationally Trained Lawyers Program (ITLP) at the University of Toronto Faculty of Law offers a range of programs to help internationally trained lawyers and internationally educated law graduates become accredited through the NCA, and licensed to practise law in Ontario.

Upcoming programs include:
Spring 2013 Bar Exam Prep Course
Summer 2013 NCA Review Program
2013-14 Career Program
2013-14 Comprehensive Program

**Online participation available for some sessions. Contact the ITLP for details.*

Find out more at **www.itlp.utoronto.ca**

Contact us at 416.978.6770 or itlprogram.law@utoronto.ca

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Internationally Trained Lawyers Program

PIXLAND/THINKSTOCK

CLIFF SPICER PHOTO

OVERCOME CHALLENGES

ADAPT TO CANADIAN LEGAL PRACTICE AT U OF TORONTO

If you are an internationally trained lawyer trying to adapt to the Canadian legal practice, you face many challenges. The University of Toronto's internationally trained lawyers program (ITLP) exists to help you overcome them.

Faculty at ITLP know that building your career in Canada also means adjusting to a new home, a new culture, and different ways of thinking. That's why the ITLP encourages you to celebrate each milestone in your journey to accreditation, no matter how long that journey takes. It also provides you with the academic and professional tools you need to reach your goal.

"The ITLP now offers four different programs to suit the needs of internationally trained lawyers," says Jane Price, acting director. "We offer a year-long comprehensive program — short, intensive NCA and bar prep programs, and a career program designed to help students search for jobs. We are seeing more and more of our graduates making their way into the profession and we are proud to have assisted them in their journey."

Akinwole Akindele is one of those graduates. He immigrated to Canada shortly after completing his law studies in Nigeria, but once here he found his career opportunities limited. Akindele was working at a call centre when he discovered the ITLP. He enrolled soon after. "By the end of the first month I knew I had made a great decision," he says.

The ITLP staff and faculty were supportive and friendly. "They challenged me to achieve my full potential," Akindele says.

Akindele no longer felt like a solitary student. He was now part of a peer group, learning alongside new friends and colleagues. In November 2012, Akindele passed his barristers exam and is currently articling at the Oshawa office of the Ministry of Finance, Legal Services Branch.

Students in the internationally trained lawyers program must be Canadian citizens, permanent residents, or convention refugees, and must have completed a law degree in their home country. To learn more, visit itlp.utoronto.ca.

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Spring 2013

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HIT THE OPEN ROAD

WITH CENTENNIAL MOTORCYCLE RIDING TRAINING COURSE

There is no feeling of freedom quite like riding a motorcycle. But you have to know what you are doing. Take Centennial College's motorcycle riding training course and you can enjoy the open road in safety.

This course, sanctioned by the Canada Safety Council, is ideal for people who want to get a motorcycle licence but do not have access to a motorcycle for training purposes. It takes place over three days, starting on Friday evenings. Instructors, male and female, teach the fundamentals of safe riding, using Honda, Suzuki, and Yamaha model bikes. Those who successfully complete the course receive an M2-class motorcycle licence. They are not required to take a test at a driver examination centre.

The first motorcycle riding training course of 2013 takes place from April 5-7. To participate, you must possess an M1 permit, and bring proper riding gear, including a helmet and motorcycle-grade jacket. For more information, contact Joan Brooks, program officer, at jbrooks@centennialcollege.ca.

Centennial offers other riding courses as well. Its three-hour introductory motorcycle riding course, held Saturday evenings, can help you decide if the full, three-day course is right for you. There are also courses available for advanced motorcycle riders, and those interested in riding scooters. To learn more, visit centennialcollege.ca.

LIGHTS, CAMERA ... ACTION AT RYERSON

LIVE AND BREATHE THE FILM BUSINESS THIS SUMMER

Do you want a make a film this summer? Enrol in summer film school and you can.

Summer film school is an intensive certificate program offered by Ryerson University's G. Raymond Chang School of Continuing Education. Classes run Monday through Friday, plus a few Saturdays, starting this May. For 12 weeks, you will live and breathe the film business. And you will get results.

"Our focus is on production," says James Warrack, academic co-ordinator. "We don't just talk about films — we make them."

To help you do it, you will have access to professional-level audio and visual equipment and editing software. Using Ryerson's own cameras, lighting, and post-production facilities, you will transform your projects and assignments into something special.

Class sizes for summer film school are small, ensuring you receive lots of feedback from your instructors, some of whom are working industry professionals themselves. Plus, you will be studying in downtown Toronto — the epicentre of film production in Canada. Whether your goal is further education, a new career in film, or simply to enhance the skills you already have, summer film school puts you where you need to be.

Enrolment for summer film school is open now. To learn more, contact James Warrack at jwarrack@ryerson.ca, or visit ce-online.ryerson.ca/ce.

CGA Ontario and the **DeGroote School of Business** welcomes ***Disney Institute*** to **Mississauga**

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Develop a service philosophy | Retain customers for life
Create a collaborative culture

CGA Ontario and the **DeGroote School of Business**
welcomes ***Disney Institute*** to
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MLB. Jays' long-reliever role still open

Blue Jays manager John Gibbons says there is only one job still up for grabs in the club's bullpen: the long reliever.

Though he hasn't explicitly laid out who is in and who is out, the news strongly suggests that young Aaron Loup has secured a spot as the Jays' second lefty specialist alongside 42-year-old veteran Darren Oliver. They join a Jays relief corps that will also include Sergio Santos, Steve Delabar, Esmil Rogers and, if healthy, Casey Janssen.

That leaves Brett Cecil and Jeremy Jeffress as the main combatants to be the club's long reliever and mop-up guy, a role vacated by versatile swingman Carlos Villanueva, who signed as a free agent with the Chicago Cubs.

Both Cecil and Jeffress are out of options and would likely be claimed before clearing waivers. But if Janssen is unable to break camp with the club — he returned from off-season shoulder surgery to pitch in a minor-league game on Sunday — both have a chance to make the team.

J.A. Happ remains a possibility in the long role, but he figures to stay stretched out as a starter in triple-A Buffalo.

TORSTAR NEWS SERVICE

Blue Jays pitcher Darren Oliver stretches during spring training last month in Dunedin, Fla. THE CANADIAN PRESS

Carlyle reaches boiling point at Leafs practice

Coach Randy Carlyle put his Maple Leafs through a bag skate on Monday but he insisted it wasn't to punish his players. TORSTAR NEWS SERVICE FILE

NHL. Coach rips into struggling team that has lost five straight

The bag skate was scheduled, and the angry outburst was necessary.

It's not Randy Carlyle's style to be demonstrative, but when the Maple Leafs coach lashed out at his players over a blown drill and closed practice with a harsh series of laps around the rink, it was time for the players to realize their coach had had enough.

"(The bag skate) was on the schedule.... We felt it was time for a conditioning skate," Carlyle said Monday, referring in part to the Leafs having a three-day break between games.

"They did (put me in a bad mood) at one point," the coach added.

"I was just a little frustrated with the way the drill was going. We weren't getting anything accomplished, so I had to bring them over. I noticed the building got awfully quiet, so (the media) got to hear every word."

Fresh off a loss on Saturday in which the club stopped working during a four-goal outburst by the Jets in the second period, the Leafs should have expected the coaching staff to be in a bad mood.

"We messed up a bit there, so the important thing is we got it right after he told us," Nazem Kadri said about Carlyle's rant at practice.

There is a clear contrast between Carlyle and Ron Wilson from a year ago. There is a line of communication between the coaching staff and the players that wasn't as open a year ago, and the players readily acknowledge that.

"It goes back to communication," Kadri said. "Randy does talk things out and makes sure we're all on the same page. He makes sure no one is confused. Communication is a major factor."

TORSTAR NEWS SERVICE

Dating game

Woods, Vonn say they're an item

Sports has a new power couple: Tiger Woods and Lindsey Vonn confirmed they're dating.

Two months after rumours began circulating in Europe, Woods and Vonn posted separate items on their Facebook pages Monday afternoon to announce their relationship. The posts include photos of golf's 14-time major winner and the Olympic and World Cup downhill ski champion.

"This season has been great so far and I'm happy with my wins at Torrey and Doral," Woods said. "Something nice that's happened off the course was meeting Lindsey Vonn. Lindsey and I have been friends for some time, but over the last few months we have become very close and are now dating." THE ASSOCIATED PRESS

Curling

Americans hand Homan rink its second loss

Ottawa skip Rachel Homan's three game winning streak ended with a 5-4 loss in an extra end to Erika Brown of the United States Monday evening at the world women's curling championship in Latvia.

Earlier in the day, Homan beat Russia's Anna Sidorova 5-4.

The Canadian rink is in a six-way tie for third place with a 3-2 record after eight draws.

Round-robin play continues through Thursday night and the medal games are scheduled for Sunday.

THE CANADIAN PRESS

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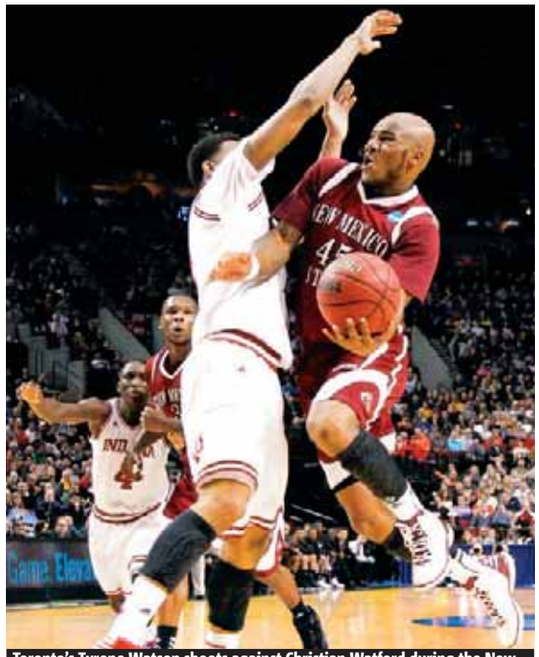
T.O. quartet key to Aggies hoop dreams

NCAA. Freshman centre Sim Bhullar leading the charge in New Mexico State's resurgence



Toronto's Tyrone Watson shoots against Christian Watford during the New Mexico State Aggies' March Madness game against the Indiana Hoosiers last season at the Rose Garden in Portland, Ore. JONATHAN FERREY/GETTY IMAGES

Call them the Canadian desert quartet.

When the New Mexico State Aggies lost to Louisiana Tech on New Year's Eve 81-72, it dropped the team's record to 6-8, a far cry from any chance at making it to the NCAA tournament months later.

So when the team beat Western Athletic Conference rivals UTSA three days later and broke a 39-year-old school record for shooting percentage (68.6 per cent), something changed.

The victory sparked a 12-game winning streak — they won 18 of their last 20 — a second-straight conference title and a trip back to the big dance.

Led by six foot one sophomore guard Daniel Mullings and seven foot four freshman centre Sim Bhullar (10.5 ppg, 6.5 rpg, 2.4 blocks), along with fellow Toronto natives Tyrone Watson (10.8 ppg, 5.1 rpg) and Renaldo Dixon (5.7 ppg), the Aggies enter the tournament as the 13 seed in the Cinderella-heavy Midwest region and face potential Final Four contender Saint Louis on Thursday afternoon.

"I get another shot at it and to try to win the game this year," said Toronto-born Mullings, of his second trip to the tournament. "We fell short last year. We have to bring it from the beginning."

The four Canadians have played a pivotal role in the Aggies (24-10) resurgence over the last two months of the season and helped dominate conference-tournament play. In the conference final against Texas-Arlington, Bhullar, a towering freshman centre, helped stave off a late run from the Mavericks by putting on a one-man show: 16 points, 15 rebounds and five blocked shots. Named the tournament MVP, Bhullar was the first freshman since Brigham Young's Shawn Bradley to earn the award in 23 years. Bhullar was also named the WAC freshman of the year and was named to the third All-WAC and All-Newcomer team after posting 11.3 points, 7.3 rebounds and 3.0 blocks per game.

Earlier in the season, a New York Times piece said no matter what level he rises to, Bhullar is poised to become the world's first prominent men's basketball player of Indian descent.

Mullings, a former student and player at Wilfrid Laurier Collegiate Institute in Scarborough, was voted to the All-WAC second team after an impressive regular season where he averaged 14.7 ppg, and added 2.6 assists and 2.6 steals per game in conference play.

TORSTAR NEWS SERVICE

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	51	14	.785	—
Indiana	41	26	.612	11
New York	38	26	.594	12½
Brooklyn	39	28	.582	13
Chicago	36	29	.554	15
Boston	36	29	.554	15
Atlanta	37	30	.552	15
Milwaukee	33	32	.508	18
Philadelphia	26	40	.394	25½
Toronto	**26**	**41**	**.388**	**26**
Washington	23	43	.348	28½
Detroit	23	46	.333	30
Cleveland	22	45	.328	30
Orlando	18	49	.269	34
Charlotte	15	52	.224	37

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	51	16	.761	—
Oklahoma City	50	17	.746	1
L.A. Clippers	46	21	.687	5
Memphis	45	21	.682	5½
Denver	45	22	.672	6
Golden State	39	30	.565	13
Houston	36	31	.537	15
L.A. Lakers	36	32	.529	15½
Utah	34	32	.515	16½
Dallas	32	35	.478	19
Portland	31	35	.470	19½
Minnesota	23	42	.354	27
Sacramento	23	44	.343	28
Phoenix	22	45	.328	29
New Orleans	22	46	.324	29½

Note: division leaders ranked in top three positions regardless of winning percentage.

MONDAY'S RESULTS

Philadelphia 101 Portland 100
Indiana 111 Cleveland 90
Charlotte 119 Washington 114
Dallas 127 Atlanta 113
Brooklyn 119 Detroit 82
Memphis 92 Minnesota 77
Golden State 93 New Orleans 72
Denver at Chicago
Miami at Boston
L.A. Lakers at Phoenix
New York at Utah

TUESDAY'S GAMES — All Times Eastern

Orlando at Indiana, 7 p.m.
Portland at Milwaukee, 8 p.m.
Denver at Oklahoma City, 8 p.m.
L.A. Clippers at Sacramento, 10 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	30	22	8	0	108	80	44
New Jersey	29	13	10	6	72	81	32
NY Rangers	28	14	12	2	67	68	30
NY Islanders	28	13	12	3	83	91	29
Philadelphia	30	13	16	1	81	92	27

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	28	19	5	4	90	70	42
Boston	27	19	5	3	81	57	41
Ottawa	29	15	8	6	72	62	36
Toronto	29	15	12	2	86	83	32
Buffalo	29	10	15	4	76	93	24

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	28	15	11	2	83	78	32
Winnipeg	29	15	12	2	77	85	32
Tampa Bay	29	13	15	1	96	86	27
Washington	28	12	15	1	78	85	25
Florida	29	7	16	6	70	109	20

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	28	23	2	3	95	60	49
St. Louis	28	16	10	2	85	80	34
Detroit	29	14	10	5	78	75	33
Nashville	29	11	12	6	67	77	28
Columbus	29	11	12	6	64	76	28

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	27	15	10	2	70	68	32
Vancouver	27	13	8	6	77	77	32
Edmonton	28	11	11	6	69	81	28
Calgary	26	11	11	4	75	87	26
Colorado	27	10	13	4	69	84	24

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	27	20	3	4	90	66	44
Los Angeles	27	15	10	2	81	71	32
San Jose	27	12	9	6	64	69	30
Phoenix	28	13	11	4	77	78	30
Dallas	27	12	12	3	69	81	27

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

MONDAY'S RESULTS

NY Rangers 2 Carolina 1 (SO)
Tampa Bay 4 Philadelphia 2
Calgary at Dallas
Chicago at Colorado
Minnesota at Vancouver
San Jose at Anaheim
Phoenix at Los Angeles

SUNDAY'S RESULTS

Pittsburgh 2 Boston 1
Ottawa 4 Winnipeg 1
Washington 5 Buffalo 3
Edmonton 3 Nashville 2

TUESDAY'S GAMES — All Times Eastern

Ottawa at NY Islanders, 7 p.m.
NY Rangers at New Jersey, 7 p.m.
Florida at Carolina, 7 p.m.
Nashville at Columbus, 7 p.m.
Washington at Pittsburgh, 7:30 p.m.
Buffalo at Montreal, 7:30 p.m.
Boston at Winnipeg, 8 p.m.
St. Louis at Vancouver, 10 p.m.
Phoenix at Los Angeles, 10:30 p.m.

WEDNESDAY'S GAMES

Tampa Bay at Toronto, 7 p.m.
Minnesota at Detroit, 7:30 p.m.
Dallas at Colorado, 9:30 p.m.
San Jose at Edmonton, 9:30 p.m.
Chicago at Anaheim, 10 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Pit	13	35	48
Kunitz, Pit	18	22	40
Stamkos, TBL	20	18	38
St-Louis, TBL	7	30	37
Kane, Chi	15	19	34
Staal, Car	13	20	33
Tavares, NYI	17	14	31
Vanek, Buf	14	17	31
Voracek, Phi	13	18	31
Ribeiro, Wash	10	21	31
Getzlaf, Ana	10	21	31
Duchene, Col	12	18	30
Datsyuk, Det	9	21	30
Zetterberg, Det	8	22	30
Neal, Pit	17	12	29
Ladd, Win	14	15	29
Moulson, NYI	11	18	29
Semin, Car	8	21	29
Stewart, StL	14	14	28
Parenteau, Col	12	16	28
Letang, Pit	3	25	28
Gagner, Edm	11	16	27
Kadri, Tor	11	16	27
Kessel, Tor	10	17	27
Elias, NJ	9	18	27
Thornton, SJ	5	22	27

Not including last night's games

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See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
If you are determined to make a name for yourself, wait until the Sun moves into your birth sign tomorrow. If you make your move now, you could find that little things go wrong.

♉ Taurus
April 21 - May 21
You appear to be in one of your supremely confident moods, and that's great. But don't forget that bubbles can burst. It might be best not to make too many promises today, to yourself or to others.

♊ Gemini
May 22 - June 21
A new phase is about to begin and if you are smart you will pay less attention to work matters and more to friendships. The people you meet over the next few weeks will benefit you in many ways.

♋ Cancer
June 22 - July 23
Keep your dreams and schemes private today. You may have some wonderful ideas but what's the point in making them public if you can't do anything with them yet? A little secrecy is no bad thing.

♌ Leo
July 24 - Aug. 23
You may be a bit tense at the moment, but over the next day or two it will feel as if you have been born again. Where before you saw doom and gloom you will soon see nothing but hope and joy.

♍ Virgo
Aug. 24 - Sept. 23
You know how to handle yourself in a crisis and that's good because today you will have to use all your courage to sort out a difficult, maybe even dangerous, situation. Others are depending on you.

♎ Libra
Sept. 24 - Oct. 23
As the Sun is about to move into your opposite sign, there will be times when you don't understand why others think and act the way they do. Don't let it faze you.

♏ Scorpio
Oct. 24 - Nov. 22
There is so much junk and clutter in your life. Take a long, hard look at all the things you own and work out ways you can make a bit more room for yourself. Less is more.

♐ Sagittarius
Nov. 23 - Dec. 21
Something wonderful is about to happen. Your sixth sense tells you that life is about to take a major turn for the better and the more you look forward to having fun, the more fun you'll have.

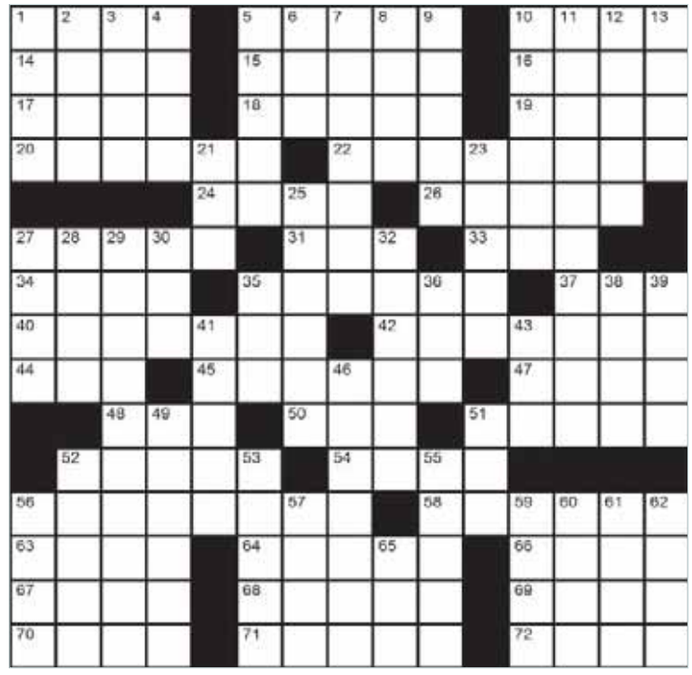
♑ Capricorn
Dec. 22 - Jan. 20
The worst possible thing you can be now is indecisive. What's needed is immediate and forceful action, even if you are not sure what the consequences might be. Don't worry what other people might think — get on with it

♒ Aquarius
Jan. 21 - Feb. 19
There are quite a few minor disputes taking place at the moment, but if you are smart you will ignore them all and get on with what is important to you. Put your needs first.

♓ Pisces
Feb. 20 - March 20
You must be honest about your money situation today, both with yourself and with other people. The Sun's change of signs tomorrow will bring opportunities to improve your cashflow situation, so there's no need to worry. **SALLY BROMPTON**

Crossword: Canada Across and Down

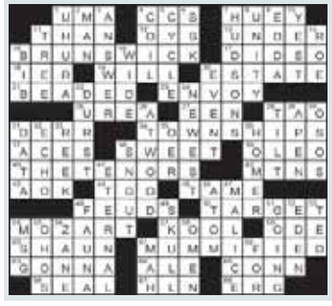
BY KELLY ANN BUCHANAN



Across
1. March 19-24, 2013: Canadian Music __
5. Ozzy, as Jack or Kelly would introduce him: 2 wds.
10. River of Turkey
14. Competent
15. Emma Roberts, to Julia
16. Drill hole
17. Broadway musical, __ Yankees
18. Related maternally
19. Huffy-puffy mood
20. Solar __
22. Embassy worker
24. Paper pack
26. Of the ear
27. British singer Ms. Goulding
31. '_' __ in Regina
33. "Arctic Air" network
34. Bridal accessory
35. Made up of two
37. Permit
40. English: French
42. Prime Minister __ _. Pearson
44. To the __ degree
45. Batman's city
47. "__ Street" (1987)
48. Even if, briefly
50. Swiss river, variantly
51. Great __ (Dogs like Marmaduke)
52. Piercing
54. Actor Mr. Phillippe
56. "ET Canada" airer: 2 wds.
58. Group of Seven painter Mr. Harris (b.1885 - d.1970)
63. "__ and _" by Lady Gaga
64. Cosmetics company, L'__
66. Car
67. __. __. Helens, Wash.
68. Alan of Great Big Sea
69. Like a slanted line, for short
70. Ladies
71. Ms. Spacek
72. Bryan Adams album: '__ the Fire'

Down
1. Big bits
2. Web auction site
3. Tree types
4. Superman/Clark __
5. Boeotian Muse of memory
6. Feminine side
7. Juno-winning rockers, Theory of a __
8. Play's opening: wd. + Roman Numeral
9. Filmmaker Ms. Mehta
10. Soak up
11. Canadian sportscaster: 2 wds.
12. Font style
13. Cobblestone
21. Bard's 'previously'
23. Beatles' 'In the Sky' girl, and others
25. Record label Clive Davis founded
27. "__ Almighty" (2007)
28. Pre-Easter period
29. Peggys Cove landmark
30. Unwell
32. Wage
35. Li'l life story
36. "Shiny Happy People" b.a.n.d.
38. Detective novelist, __ Stanley Gardner
39. Dining room pieces, for short
41. Marketplace of ancient Greece
43. Lettered airline, once
46. Canadian fast food chain
49. Smoking, gum chewing, and others
51. Genetic letters
52. Laziness
53. Trudges
55. Tin Pan __
56. Rep-doing locales
57. Deanna __ (Counselor on "Star Trek: The Next Generation")
59. Sort of streambed
60. Wreck
61. Louisiana, for one, in French
62. Cancelled, __-__
65. Mr. Gore's

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		3	5		7			
	4					5	6	
8	9				2	4		
2		8	4				7	
				9				
	7				3	6		5
		7	8				9	1
	1	2					4	
			1		9	2		

Yesterday's Sudoku

7	6	1	5	4	9	2	8	3
9	4	2	3	8	1	7	5	6
5	8	3	6	2	7	9	4	1
1	5	4	7	6	3	8	9	2
3	7	6	8	9	2	5	1	4
2	9	8	4	1	5	3	6	7
8	3	7	1	5	4	6	2	9
6	1	9	2	3	8	4	7	5
4	2	5	9	7	6	1	3	8

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